

GV184  
.W72

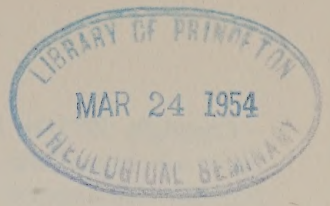






## RECREATION FOR THE AGING





# RECREATION FOR THE AGING

PREPARED FOR

*The National Recreation Association*

BY

ARTHUR WILLIAMS

ASSOCIATION PRESS

NEW YORK

Copyright, 1953, by National Recreation Association, Incorporated



## FOREWORD

The problems of older adults today have challenged the interest of our people and have stimulated a considerable amount of research, discussion, and definite programs of action. The wisdom of compulsory retirement based on a chronological age, the financial problems of later years, and the whole question of physical and mental health and emotional stability are receiving the attention of industrialists, labor leaders, welfare workers, doctors, psychiatrists, and psychologists.

Not so immediately apparent, but equally important, are the needs of older adults for rich, spiritual living and for happy, satisfying, creative activities in the greater leisure which is theirs. Religious leaders, educators, recreation leaders, and group workers are all aware of the opportunity and challenge which these special needs present to them.

There is a rapidly growing body of literature on older people and their problems in today's social and economic setting. Most of it is on the problems of employment, health, and finance. Materials on the use of leisure time in later maturity are appearing more and more, a large proportion of them somewhat reportorial or general in nature.

This volume has been prepared in the hope that it will be of specific help to those interested in developing leisure-time programs for older adults. An effort has been made to indicate the broad range of community resources available and the many activities which older individuals enjoy and in which they find satisfaction.

Much of the material in the book is based on the thinking and experience of many agencies and individual leaders of old age programs. The National Recreation Association is very grateful for their generous co-operation and wishes it were possible to credit each one individually. Without their help the book would have been far less helpful in terms of specific suggestions.

The author is indebted also to those members of the staff of the National Recreation Association who co-operated so helpfully on several of the activities chapters.

ARTHUR WILLIAMS

*May, 1953*



## TABLE OF CONTENTS

	<i>Page</i>
Foreword	v
<i>Chapter</i>	
1. Backdrop	1
2. Program and Leadership	9
3. Organization, Facilities, Finance	27
4. Program Activities: Social	40
5. Program Activities: Camping and Day Camping	58
6. Program Activities: Arts and Crafts	71
7. Program Activities: Hobbies, Hobby Shows	83
8. Program Activities: Music and Drama	99
9. Program Activities: Service and Educational	111
10. Clubs and Centers	120
11. Special Groups: The Handicapped, Home- bound, and Institutionalized	134
12. Special Agencies: Church; Rural	146
13. Special Agencies: Business and Industry; Labor	154
14. It Has Been Done	162
Bibliography	182
Index	190





# 1 BACKDROP

What do we mean by the "aging population" of our country? Who are the individuals with whom we are concerned when we write or talk about the needs of the aged for economic security, good housing, adequate health services, spiritual satisfactions, and creative living opportunities? Old age does not begin at an arbitrary chronological date. The date differs for different individuals just as it does in other periods of the total life span. Authorities generally agree that, for many, the physical and mental characteristics of older adulthood begin to develop in the late forties and the early fifties. Their children have grown up and in most cases are on their own; there is a letdown in occupational or professional ambition, a tendency to hold on to safe jobs and established routines. Women have more time, due to release from child care and lesser domestic responsibilities. It is the decade for adjusting to approaching old age.

Although the social security program of the Federal Government and many other retirement programs and the current statistical material about our older citizens in most cases use sixty-five as the year when old age is upon us, this is an arbitrary date and one which should be carefully avoided in any consideration of leisure-time living in our later maturity. The median age of beginning social security is sixty-eight, and labor unions and leaders in gerontology are actively promoting a functional basis rather than a chronological age for determining the time of retirement. If the age sixty-five is to be used as a guide, it should be used as a time when many people will achieve the leisure to enjoy the fruits of their experience in a new kind of life in which they can find even deeper personal satisfactions and greater opportunities for service to society than ever before.

The Federal Security Agency called a National Conference on the Aging in August, 1950, and prepared a brief sum-

mary report on facts about the aging for the use of the Conference. The Annual Conferences on Aging of the University of Michigan and similar meetings throughout the country have also brought out current information of value, all built around the sixty-five-and-over group. Some pertinent facts brought out at these meetings are:

There were 12,250,000 persons over sixty-five in 1950, or 8.1 per cent of the total population.

This age group is increasing at the rate of 400,000 a year.

Women outnumber men ten to nine.

Two out of three of the men are married; more than half the women are widows.

A person at age sixty-five has a life expectancy of about thirteen and a half years. Life expectancy at sixty-five today is a year and a half more than it was in 1900.

About 40 per cent live in New York, Pennsylvania, California, Ohio, and Illinois. Neither California nor Florida ranks within the upper third of the states as regards percentages of population sixty-five and over.

About nineteen out of twenty old folks live in households, and half of these with related persons.

Home ownership is proportionately higher for older groups.

The aged move less frequently than younger groups from house to house, county to county, or state to state.

In 1947, 20 per cent had less than five years of schooling, 75 per cent eight years or less.

Forty-three per cent of the men over sixty-five are employed, and 9 per cent of the women. Of the men employed, about half are farmers and self-employed.

Most older unemployed are not voluntarily idle. They want and are capable of gainful employment, but personnel policies in business and industry make it impossible for them to find work.

Nearly one-third have no income of their own. Almost one-third of those with incomes have less than \$500 a year.

There are several factors in our modern American life which are significant in relation to the old age problem and

which should be considered in relation to the statistical picture given above. They are industrialization, urbanization, and the American pattern of social acceptance based on activity. Industrialization has undermined the economic security of the older worker and has at the same time deprived the large majority of the opportunities for self-expression and creative activity so largely present in the premachine age. Urbanization has deprived the elderly of their status as head of the family, of the many personal relationships which carry all through life so much more generally in rural areas than in our urban centers.

The American standard of life has emphasized strongly the importance of material accomplishments and material things. It does recognize today, more than previously, the value of the contribution of the individual to our civic growth and to our social culture. We are, however, still strongly influenced by the priority which a high economic standard of living has in our scheme of things. Unpaid activity is still looked upon with disfavor, or mere tolerance, in many circles. On the other hand, the leisure of retirement offers many older citizens for the first time the opportunity for civic and social service through which they can not only be of constructive use to their communities but through which they may also find satisfying achievement. A greater social acceptance of these non-economic contributions to our way of life would go far toward bringing to our senior citizens the recognition and acceptance they so strongly desire and need.

Of special significance also is the current "technique" of studying and meeting the social needs of our people by arbitrarily classifying them into age groups. We have many agencies and councils, in government and out, specializing in the problems of the preschool child, the elementary school child, the teen-ager, the young adult, and now the older adult. It would seem to be inevitable that the only age span left, the middle-aged, will soon be labeled as a problem, and special research and service projects will be undertaken in behalf of this group. We seem to ignore the inescapable fact that life is a continuing stream from the cradle to the grave, and that what we do in one life period is largely determined

by what has gone on before and in turn determines to a great extent what we do in the following years. This "compartmentalizing" is particularly unfortunate in the case of the oldsters.

We have been looking at the aged as a set of statistics, as a social problem. What do we know about them as human beings, as individuals still with hopes and aspirations, creative capacities, and with the human weaknesses of all ages? What do we know about how best to serve them as individuals, especially how to help them relate their desires, or their interests, to community life about them? We know that some, but not all, experience a decrease in close companionship, and an increase in personal loneliness. Some lose the fullness of living of previous years, and too often some lose interest in life itself. A minority experience an increase in chronic illness and physical handicaps (67 per cent of people over sixty-five can take care of themselves); a decrease in mental vigor. They lack and sorely miss the respected places they formerly held in the family group, their circle of friends, and in society itself. We lack the respect for age that exists in most other cultures. The aged have accepted the world's attitude that they are "on the shelf" with no place in the affairs of their families, friends, or community. There is no accepted pattern for satisfying living in the later years and no satisfactory plan for the transition from the middle years to old age.

We must remember, however, that our older people are not all physically infirm, chronically ill, and without resources within themselves. Dr. Irving Lorge of the Institute of Psychological Research of Teachers College, Columbia University, New York, points out:

People in the range beyond sixty-five years, of course, do have physiological losses in vision, in hearing, in speed, in strength, and in the ability to adjust to sudden extremes of environmental conditions and stresses. Fortunately, such physiological changes are not paralleled by corresponding losses either in intellectual power or in emotional adjustment. People in the sixties have intellectual power equivalent to that they displayed in the twenties. The shift is one in performance speed or adapted tempo. Studies of emotional adjustment suggest that there is no change in the number of symptoms of maladjustment from



the twenties to the eighties. The emotionally maladjusted adult tends to break down under stress in the later years.

As one reaches sixty-five he has a span of thirteen to fifteen years of life ahead, with physical and mental capacities and a variety of interests to make this a fruitful maturity, and indeed the crowning period of life. Society has the responsibility of making the opportunities available. The potential is there.

## The Role of Recreation

Whether or not there is an old age problem, the evidence is clear that the old-aged have their problems as do all age groups. They have their employment and economic problems, their housing difficulties, their needs for physical and mental health services, for deep spiritual living, and for recreation and leisure-time activities, among others. Bare food and shelter will not meet their needs. Good health alone is not the answer. One can be healthy and employed and still be unhappy. Recreation and other creative and service activities also are but part of their over-all needs. To meet all their needs is a team job and although recreation is but one member of this team, it is an essential one if we are not to stop at providing our older citizens with the bare necessities for mere physical existence. Gerontologists testify to the values of recreation, and mental hygiene leaders are emphatic in their endorsement of it. Dr. Edward J. Stieglitz says in his *The Second Forty Years*, "Success or failure in the second forty years, measured in terms of happiness, is determined more by how we use our leisure time than by any other factor."

What are some of the problems of the later years which recreation can help to meet? Loneliness is outstanding. Although a substantial minority of older adults have some opportunities for satisfying activities, several cities which have made studies of the activities of older people find that relatively few are being reached by the many leisure-time services of the community. A study made by the Council of Social Agencies of Richmond, Virginia, based on individual interviews, revealed that about half of those over 60 had nothing to do

all day. How fruitful opportunities for using this time in creative, satisfying activities would be, as well as in social or other group activities which provide opportunities for forming new friendships and for pure fun. The following letter received by the Department of Municipal Recreation of the Milwaukee Public Schools is typical of the numerous letters written by oldsters all over the country who have taken advantage of the opportunities provided them for free-time activity:

There has never been a dull moment in my life since I joined the Golden Agers. I have met the most wonderful people. They are full of laughter and fun. A friendly welcome greets you as soon as you enter your group. A handshake here, a squeeze there; your heart bubbles over with joy when you see how much you are wanted.

Inactivity is bad for the aging. The rest cure for old age has been discredited in favor of stimulating and vigorous activity suited to the capacities of the individual. If mental and physical deterioration is to be avoided, new interests and new goals must be found or old interests and aspirations rediscovered. Gainful employment should be provided where the need or desire exists and where there is the capacity for it. However, the majority of the aging have no paid employment. The unpaid work they may do brings tremendous satisfactions in service accomplishment, but those who do work cannot find complete happiness in their work alone. The recreation program offers a fertile way of satisfying activity for them. Its wide variety of activities presents unlimited opportunities through participation and leadership. Service projects and civic activity provide many outlets for the urge to do, to contribute. Dr. William C. Menninger has written that "recreation is an extremely important aid to growing older gracefully. People who stay young despite their years do so because of an active interest that provides satisfaction through participation."

To feel that one belongs is important to all ages. It is particularly so for older people. It is related to the need for activity. Women have been very closely identified with family life both as partners in planning and as the managers of household affairs. They have been active in church affairs or club activities. Men have had family responsibilities and close asso-

ciations in their jobs, their unions, fraternal orders, and other organizations. Many have been absorbed in their work to the exclusion of other interests. As men and women grow older, their children leave the home; younger people take over active leadership in their groups. They are definitely, if politely, relegated to the sidelines. Recreation group activities and the opportunities they provide for leadership as well as participation are one answer, and an effective one, to this problem.

Related to the desire to belong is the desire to serve. Older folks do not want everything handed to them on a silver platter. They want to earn their salt—and they can. They want to serve themselves and their fellow-members in the groups to which they belong. They want to serve the church, the community, society itself, according to their capacities. Recreation and other leisure-time activities provide unusual opportunities for service as volunteers in recreation group activities; as leaders in arts and crafts, hobby or other activities, passing on their skills to others; as friendly visitors to shut-ins; as Red Cross workers; as church leaders. The list is endless.

Serving the family, the church, the recreation group, and the community brings to the individual of any age recognition of his interests, his talents, and the contributions he can make. The mere acceptance as a member of a group itself brings the recognition we all look for in our daily living. Oldsters must find this recognition largely in their free-time activities. Younger age groups look for it to a great extent in their work. This is denied to a majority of those in the later years of life. With this recognition also must come appreciation—honest, sincere appreciation of the older person as a human being.

Recreation provides many opportunities for new personal contacts, for forming warm and lasting friendships through which older folks can find escape from the loneliness from which so many suffer. This escape from loneliness, the finding of new friends and genuine affection through participation in group activities, is the outstanding contribution of recreation as revealed by the testimony of the older adults themselves.

Creative activity is an essential part of life itself. Without it we do not live. Children find it in play, adults in their employment, avocations, or hobbies. Too frequently, in growing

older the individual has allowed his creative self-expression to dry up. Individuals with lasting avocational and hobby interests are fortunate indeed, but they are in a tragically small minority. Through recreation, skills and interests can be refurbished, new ones developed. The arts and crafts particularly have made a significant contribution in meeting this need.

Adjustment to a successful and happy old age means above all to retain one's appreciation of one's self, of one's needs and one's resources to meet those needs. It is important to realize that we have those resources, that very few of the channels for making use of them are really closed to us, and that new avenues of satisfying and happy living are opening if we will but use them. Recreation is one of these open doors.

In planning to offer recreation to the aging and to help them realize the most from their recreational activities, it is necessary to know them as a group and as individuals. It has been pointed out that a large majority have had eight years of schooling or less, and this at a time when education was much narrower in scope than it is today. The three R's were the rule. Their childhood and youth were spent in an era with a social climate different from that of today. On the other hand, they have lived and grown in stature during a period of rapid change and progress. They have been largely successful in business, in industry, in agriculture, in their professions, in their employment in factory, store, or office. They have been our church and civic leaders, the backbone of our America during the first half of this century. They have helped to make America and in so doing have acquired a wealth of knowledge, skill, and devotion to service. As the seniors of our total citizen population, they are a reservoir of usefulness to each other, to their communities, and to the nation. They have earned the right to a full life in the later years, and they have the resources and ability to make such a life. We have the responsibility of giving them the opportunity. Recreation is one of the effective tools we have available to meet this responsibility.



## 2 PROGRAM AND LEADERSHIP

It is axiomatic that the recreation program, to be successful, must be based on the needs and interests of the group. Diversity is the keynote of the permanently successful program. It should provide opportunities for service as well as participation in activities. The features of the program which provide opportunities to enjoy music, drama, entertainment, and lectures as spectators cannot be overlooked. Opportunities offered should include not just the time-killing amusements nor the "do-good" type of activity. A sound program offers balanced opportunities for self-expression, service, and the pure enjoyment of life. It is as broad for older people as it is for the other age groups, with appropriate modifications to meet individual interests and capacities. Planning the program and selecting the activities, however, are not easy, routine tasks. They cannot be carried through without the help of the participants themselves; yet they cannot be built alone on the previously expressed desires of the older adults who, though lonesome, bored, and wanting activity, sometimes do not know just what they do want.

### Scope

Several activities have proved successful in many communities in attracting older people, the most popular of these being the organization of clubs and the conduct of social activities. As these types of program continue, they provide the leader with an opportunity to know his members and to discover individual interests around which he can plan additional activities having the greatest appeal to the membership as a whole. He can begin to unearth leadership within the group which will eventually take over while the professional or volunteer leader who initiated the program retires into the background, giving general guidance to the group as friend and consultant.

We should approach this task not as one of solving the problem of old age but as a challenging opportunity to serve the recreational needs and problems of our senior citizens. We must be sure to reach the retiring individual as well as those who are alert to their opportunities and have the initiative to take advantage of them. We should think in terms of serving the aged through extending existing recreation services and facilities, and adjusting these services to meet their needs to the extent that we can find the resources to do so. This should be done on the basis that the aged, as well as other age groups, are our normal constituency, although usually not presently receiving their share of consideration in community planning for recreation. They are a matter of special concern now because they are increasing in number and have an increasing amount of leisure time as a result of the situation in which they find themselves.

We have referred to the social and club activities which are so popular with the older age group. As the program develops, it must include a much wider variety of activities appealing to much broader interests. The listings and brief discussions of successful program items which will be given are designed to be suggestive but not necessarily all-inclusive.

The social recreation program at first blush may seem to be a superficial time-killing device to keep the older folks amused and entertained, but with no deep significance for them. The activities are fun and the joy of participation is enough in itself to justify the time, effort, and expense that go into them. But their values go beyond that. They are, for the majority, the first point of contact with their contemporaries and open the way for new personal relationships. They provide an adjustment period, a chance not only to shed diffidence and frustrations but to unearth those talents for fun and friendship, for creative activity and service, so often deeply buried during the period of separation from many earlier satisfying activities and relationships. Recreation leaders with older groups testify unanimously to these values and emphasize the important part which social relationships also play in such other activities as music, dramatics, the arts and crafts. In fact, sociability is an important factor in practically every

activity. To do something with others, sometimes just to be with others, is the primary motivation behind the participation of older adults in the recreation program. The successful leader never forgets this.

Among the social activities which have proved attractive are table games; social, square, and folk dancing; luncheons, teas, dinners, suppers; conversation and informal visiting; and the infinite variety of parties. In offering a social program, it is well to keep a good part of the time free for informal activities and visiting. The men, particularly, seem to enjoy many of the well-known games for two or four or small group participation, although some attract the women as well. In addition to social values, games offer satisfactory outlets to the competitive spirit and give the players a chance to excel, to be a winner. Billiards, recreational card games, chess, checkers, darts, dominoes, pool, quizzes, spelling bees, have all enjoyed good success with the over-sixties.

Hobbies and the arts and crafts play a large part in any recreation program. The opportunity to use the hands, to create, to work beside others of the same skill level, to pursue one's hobby with fellow enthusiasts, brings a satisfaction and a personal relationship that is matched by few other activities. These devotees know no barrier of social or economic status, or of sex, race, creed, or color. The following list is indicative of the rich reservoir available to the leader: bookbinding, ceramics, jewelry, leathercraft, metalcraft, millinery, model making, paper work, plastics, quilting, rug making, sewing, knitting, crocheting, silversmithing, weaving, woodcraft, carving, clay modeling, painting, sculpture, sketching, stenciling, textile painting, photography, collecting, hobby shows and arts and crafts exhibits.

Physical activities are not taboo for the aging. It is true that physical deterioration, chronic illnesses, and other handicaps may limit the physical capacities of the aging to varying degrees. But many can and do enjoy physical activity, and some have found through recreation that their physical limitations may exist only in their own imaginations or may be only an excuse to avoid participation. In moderation and with proper safeguards, physical activity can be and is enjoyed

by many, including participation in bathing, bicycling, bocci, croquet, curling, deck tennis, golf, lawn bowling, roque, rowing, sailing, skeet and trap shooting, shuffleboard, softball, table tennis, and volley ball.

Participation in music and drama activities, particularly the informal varieties, is a rich source of satisfaction to older people. The talented ones love to entertain their fellow-members and other groups with their solo singing and playing, their choruses and instrumental groups, informal dramatic skits and one-act plays. Rhythm bands or toy orchestras are general favorites and usually involve many who have never played a musical instrument. Charades and pantomimes, puppetry and storytelling, have demonstrated their appeal. One-act plays are the usual type of formal dramatic production.

Older adults do not restrict their recreation to indoor activities. Gardening, walking, picnics, outings, camping and day camping, fishing, and hunting are all appropriate and are safe when the necessary precautions are taken. Just walking and visiting in the parks and open country, nature activities, and the sheer enjoyment of beautiful scenery should not be underestimated.

"Spectatoritis" is a phase of recreation that is widespread in America and subject to frequent and severe criticism. Yet the vicarious pleasure that comes from listening to music, attending the theater, and yes, even sports events cannot be denied, and this phase of recreation has its place. It can very easily, however, become the major recreational interest of many, and special safeguards must be taken against this in the case of older people. It should be blended with and not replace self-activity. Among the favorite passive recreations of the aging are the enjoyment of music and drama through attendance at concerts and recitals, the theater, the motion picture theater; home talent and other amateur presentations; attendance at sports events. Listening to recordings and the radio and viewing television also have special appeal to the elderly. With greater leisure and fewer personal resources, and in most cases the incapacity for sustained activity, a balanced, diversified diet of entertainment can fill a genuine need. To repeat a word of caution, the over-all program should emphasize participa-



tion; otherwise, most of the group will tend to take advantage of the passive only. Stimulation to active participation is most important.

Special events are used widely to attract attendance and to inject enthusiasm into the program. Birthday parties, wedding and other anniversaries, bazaars, fairs, craft exhibits and sales, holiday parties and celebrations, sight-seeing trips and other tours, and visiting and acting as host to other groups of older adults are among the events which are meeting with fine response.

Adult education groups are among the agencies in the community providing teachers and leaders for arts and crafts classes, discussion groups, forums, lectures, reading and creative-writing groups, music appreciation classes, and similar popular activities. Visits to museums, libraries, historic sites and buildings, and local industries are enjoyed by many. Educational and other 16 mm. films are shown extensively. A very popular activity is the club or group newspaper or bulletin written and edited by the members themselves.

Our senior citizen will never derive full satisfaction from his leisure time if it is devoted solely to doing something for himself or having things done for him. He wants to be needed, to feel that there are ways in which he can serve others usefully. This impulse is finding its expression in a variety of service activities, from baby sitting to participation in Community Chest drives and political campaigns. Its first expression is usually in volunteer service to fellow-members through participation in program planning and activities leadership. Interest spreads to helping other individuals through friendly visiting, helping with household chores, transportation, and similar personal services. Toy repair and gift making and distribution are attractive to many. A large number also participate in Red Cross activities; others serve their churches and religious organizations to the extent that these opportunities are open to them. Many have skills in the crafts which they are willing and happy to make available to others.

## **Some Considerations in Program Planning**

Reference has been made to the importance of serving the older population through adjustments in and extensions of existing community services, as well as through special projects organized for them. This has been done successfully by many local recreation agencies, particularly in providing those opportunities which do not require special personal leadership or direction. Through the exclusive use during specified times of indoor and outdoor recreation areas and facilities, many thousands of older adults are finding satisfying ways to spend their leisure time. Libraries, museums, zoos, and botanical gardens make substantial contributions to the free-time needs of the older group. Some cities have been successful in bringing older people into arts and crafts, music, dramatic and educational activities, with other ages. Some have special arts and crafts groups for the oldsters which meet in the same places and at the same times as other age groups. To develop a broad social program successfully, however, requires that some organization and personal leadership be provided to supplement the offering of the drop-in center, the park bench in the shade, the library reading room, and the shuffleboard court. On the other hand, it is equally important to realize that the club for older citizens by whatever name is not enough. To take care of but 2 per cent of the time of a very small proportion of the total older population through a weekly club meeting or party of two to three hours' duration is but a start. The community must have the other resources conveniently available and stimulate the use of these additional leisure-time resources by the older people. The club group or the "senior center" must provide specific services to its members, but it will fail to meet its full responsibilities if it does not also serve as a center for relating its group to the many other resources available to it.

All community recreation leaders should have an awareness of the special needs of older people and be alert to refer any older participants in the arts, crafts, music, hobby, or other groups to the special programs for the aging which can add so much to their total recreational life.

Special clubs and centers for the aging and their integra-

tion into regular programs should each supplement and not replace the other. Although this publication is devoted to the special programs, its readers are urged not to overlook or underestimate what can be done in other ways.

In developing initial program planning policies, it is most important to keep reminding ourselves of the general characteristics of older people, particularly those affecting the degree of success of a recreation program for them. Some feel neglected, unappreciated, and lonesome but lack the initiative to do anything about it. Although they want to do something, they do not seem to know just what they do want. They also tend to resist change. The successful program is one which starts simply and in a small way, with new features added slowly and only as the participants themselves want them and are ready for them.

The National Recreation Association asked a number of sponsors of currently successful programs which policies and practices they found most effective and what notes of warning they would sound for the individual or group planning to initiate a project. The following paragraphs present a composite picture of their comments and suggestions and comprise a general planning guide which should contribute to a successful start along the road to satisfying service.

Programs for the aging should stress informality, fun, and a social atmosphere conducive to the forming of real friendships. There should be plenty of free time for unorganized activities and informal talking and visiting. Sociability is the keynote to success, no matter what the particular activity is.

Avoid any semblance of charity or paternalism in offering the program. Move away as soon as possible from putting on parties and entertainments with free refreshments *for* the older people, because such parties increase their feeling of dependency. The development of responsibility for the program and for the sharing of its costs without hardship or embarrassment on the part of the members is urged strongly by practically all leaders. By assuming this responsibility they can regain and maintain their individual self-sufficiency and personal dignity. One of the most rewarding features of working with the aging is to see them again making decisions, being creative and use-

ful. The leader should move as rapidly as the progress of the group permits from full direction of the program to unobtrusive consultation and advice.

Broad community interest and co-operation are basic. The support of the community and the availability of its resources to the program are essential. Most of the presently successful projects have been built on this broad community support. Co-operation should extend to sponsorship, facilities, finance, leadership, and program. The leader must be fully acquainted with all types of community services, public and private, which are available to older citizens; for they will constantly bring up their personal problems, whether these be economic or health matters, or unhappy relationships with children and other relatives. The wise leader will know where to refer his members in those cases where the seriousness of the difficulty appears to merit this consideration.

The atmosphere of meeting places should be pleasant and informal, and they should be conveniently located and suited to the purpose. At least part of the space should be on the first floor or up or down only a few steps.

Programs should be stressed that require the participation of all members, to guard against the tendency to sit and watch. A proper balance should be maintained between all-club activities and small group projects, to check the development of cliques. There is need to be alert to "contain" the limelight seeker and exhibitionist without stifling opportunities for needed recognition.

The program should be given as much publicity as possible through the usual channels. Publicity should involve the members as much as possible. They love it and are particularly happy when they see their own names and pictures in print.

The members of an older age group should select the name for their club or group. The sponsor should not attempt to dictate this or use undue pressure to have the group adopt his own favorite name.

Many of the leaders of successful programs urge that informal discussions and arguments on politics, religion, and other controversial subjects be discouraged. It is suggested, however, that properly directed formal discussions on these



subjects can be constructive and helpful to older individuals who still retain an active interest in such matters.

Keep the program as inexpensive as possible for the participants.

Be as free as possible of all restrictions on membership other than a minimum age requirement. Special attention should be given to scheduling activities which appeal to men at a time when they are free to participate. In most existing groups, women far outnumber the men and they are likely to receive the lion's share of attention.

Above all, provide good leadership—leadership that is patient, friendly, with the skill to discover personal interests and to channel them into satisfying activities. The leader must have the ability also to bring out the leadership capacities of the members. Continuity of leadership is extremely important.

An important and interesting question that always arises in planning for activities for the older group is whether they prefer to spend their leisure with their contemporaries or with other age groups. Previous references have been made to the dangers of isolating the aging from other groups in the community. It is important that they retain, and have the consciousness that they retain, their place in community life. This does not mean, however, that there are not many common bonds between older people as there are between members of other age groups. Certain activities for them as a group are natural and desirable. Contact with others can be adequately maintained without injecting into the program activities which bring different ages together in artificial situations. No one will enjoy or profit from such situations and they will probably weaken the project as a whole. Activities that are primarily social in nature are particularly appropriate for age group organization. All through life social activities are enjoyed largely on an age basis.

Association with other ages can be developed through the activities requiring special skills, such as the arts and crafts, where the skill level is the important factor in bringing people together as a group. Hobbyists are no respecters of age. Music and drama provide many ways of bringing the different age groups together. A most effective liaison agent between the

ages is the service project where age is not the primary consideration. Volunteer service to the recreation programs of their elders by younger adults and youth is also helpful. It has additional value to the extent to which it brings youth in contact with age at times when the older folks are at play, happy and alive, showing that they are not the depressed, crochety individuals they are so often pictured as being.

## Leadership

Skillful leadership is the keystone to success in serving older adults. It must be well trained, imaginative, and enthusiastic. Without it the program cannot bring to the individual the rich rewards of satisfying participation which are its objectives. Sound organization and efficient administrative mechanics are in themselves not enough. They should be viewed as good tools for the capable leader. Interest-finding questionnaires cannot form choruses, arts and crafts groups, or service projects. Good leadership can and will, through sympathetic understanding of participants as individuals and the use of professional skill in unearthing talents and stimulating interest. There are recognized prerequisites for leadership in any phase of recreation which have been established through the years and which are fully and effectively discussed in current recreation and group work literature. Present experience suggests other plus requirements which leaders of the aging should possess if they are to develop to the fullest the capacities of this group for rich leisure-time living, and if they are themselves to enjoy the special satisfactions which come from working with older people.

Recreation leaders without exception testify to the thrill of the experience and the lift which comes from seeing new spirit emerge in the group, a new sparkle in the eyes of many of the members, and a new attitude toward life on the part of many who previously were lonely and depressed, with no sustaining interests. How rewarding this is—but how important leadership skills are to achieve it!

## Qualifications for Leadership

The individual who seeks to help older people to adjust themselves to living happily in the later years must himself be well adjusted, mature, psychologically alert, and have a pleasing, out-going personality. Chronological age is not all important. The leader of the same age as the group has common interests with its members and is from his own experience in a position to know their assets and limitations better than a younger person. However, a younger leader helps to provide that contact with another age group that is so important to the aging. Leaders of existing groups are usually younger than their memberships. Most of them are between forty and fifty, although some are as young as thirty and some as old as sixty.

Dr. Irving Lorge emphasizes that the recreation leader "must avoid and learn to overcome the stereotype of the 'senile age'! The old are quite rugged. They suffer *primarily* from believing their own prejudices. Hence, recreation workers as well as their older clientele must combat the negative attitudes the culture has created and fostered."

The leader must believe in and have a sincere liking for recreation leadership. He must have also a love of people, a sympathetic understanding of older people, and the ability to adjust mentally and emotionally to the special demands made upon him by the members of his group.

The leader must have the skill to discover the interests and capacities of individuals and to use them to develop satisfying activity and useful service. He must, on the other hand, understand their limitations and allow for them. He must have a belief in the capacity of the older person to change and to grow. It is important that he does not dictate, does not over-supervise, but is interested in doing things with people rather than for them.

The ability to plan a program and to carry it through to a successful conclusion must be linked to initial enthusiasm and promotion skill if the project is to take root and achieve full stature.

Miss Georgene E. Bowen, discussing the volunteer leader, recommends from her experience the following characteristics:

- He is a *friendly* person who is warm and accepting of others;  
 One who is *interested* in and *likes* older people in particular;  
 A *generous* person who encourages others to take the limelight;  
 A *fair* person who sees that justice is done;  
 An *honest* person who is not afraid to say, "I don't really know" or "That was my mistake";  
 A *humble* person who is willing to be part of the group, on equal terms with the members;  
 A *careful* person who keeps the members' materials and plans in order, and does not forget promises made to them;  
 A person *prompt* and *faithful* in attendance;  
 A *courageous* person to stand up for justice and democracy for all, and willing to explain a situation to the aggressive ones until it is understood and accepted by them;  
 A *patient* person who is willing to wait for the handicapped, confused, or senile oldster;  
 A *tactful* person who will smooth over sensitive feelings;  
 A *humorous* person who can lighten the psychological and physical burden of the older folks;  
 A person who is *willing* to try new ideas;  
 A normally *relaxed* person.

A good leader is not one who leads everyone around by the nose; who says, "I think it should be thus and so," and who will not tolerate a different opinion. He is not a person who is unwilling to delegate authority; not a domineering person. A good leader is a mediator, a peacemaker, a planner with the group, one who sees that things run smoothly, an enabler.

Do the above qualifications seem like the specifications of an angel? They may be. But they are also ordinary, homely virtues that most of us try to employ in our daily lives. We can keep these qualities in mind when we are at work with older folks. If we sincerely try, we shall more nearly reach our goal. And if we sometimes fail in a sincere effort, the older folks will forgive our shortcomings.<sup>1</sup>

<sup>1</sup> *An Ideal Job for the Volunteer*, Georgene E. Bowen, Director of Recreation for Philadelphia's Older People, Philadelphia Recreation Association, June 1, 1950, p. 2.



Leaders selected to work with older adults should be chosen on the basis of the foregoing qualifications so far as this is possible. Although no prospective leader will be able to meet them all, he should qualify in most of those which are personality requirements. Technical leadership skills can be taught in pre-service and in-service training, but such personal traits as patience, emotional stability, adjusted personality, and sympathetic understanding must be present in an individual before he is accepted as a leader, either professional or volunteer.

### **Sources of Leadership**

The need for professional leadership is generally recognized, particularly for community-wide and other large membership groups. Volunteers should be used as widely as possible under professional supervision to make it possible to have an extensive program reaching many individuals. Professional leadership is also preferable for small programs, although it is recognized that financial limitations often make this impossible.

The volunteer wishing to provide recreation opportunities for a small group, such as the older people in a church, should seek competent professional advice and help. Many workers with older adults believe that programs would serve more members in more small group activities if they were not dependent on volunteer leadership alone.

The Governor's Conference on the Problems of the Aging of California, the Recreation Section of which was under the leadership of the State Recreation Commission, summarized the leadership situation in this way:

*Leadership:* Older people need recreational leadership, and this leadership should consist of employed, professionally trained leaders, volunteer leaders within the group being served, and volunteer leaders from outside the groups. The professional leaders should organize programs where a need exists, further organize and give leadership to ongoing programs, stimulate older people to use other recreational resources within the community, and establish good public relations as a means of creating wide interest in the program.

Volunteer leaders within the group should share in the planning

and the conduct of the recreation activities and assist in stimulating interest and understanding of the program within the community. Volunteer leaders from outside the group should supplement leadership within the groups.<sup>2</sup>

The trained professional leadership of public and private recreation and group work agencies is the primary source of supply for programs for the aging. All professional leaders, however, are not qualified for this service, and leaders should be selected on the basis of their personal characteristics and special skills. Although all recreation agencies are understaffed and find it difficult to free full- or part-time staff service for special projects, those that are conducting or co-operate in conducting recreation services for oldsters are receiving rich dividends in human services and in a greatly strengthened public understanding and support of their total programs. Adjustments made to free leadership for older age groups, even if made at the expense of other parts of the agency's work, have justified themselves. Any individual interested in starting a program usually will find the professional personnel willing and competent consultants and advisers. Agencies will contribute staff time and material help where they can possibly find the ways to make it available. They can be particularly helpful in the earlier stages of a project.

Volunteers in and outside of the memberships of the groups should be used as fully as possible. The needs are so great that they can be met only as both professional and volunteer services are effectively mobilized. The program is attractive to volunteers and a well-planned recruiting effort should enlist many, giving an opportunity to screen applicants carefully and to accept only those with the necessary requirements for leadership service. Those who wish to help but are not qualified should be interested where possible in assisting the project in other capacities. In those communities where volunteer leadership is limited, there will be the temptation to use anyone who applies, but this should be firmly resisted. It will prove wise in the long run to accept only the qualified

<sup>2</sup> *Proceedings of The Governor's Conference on the Problems of the Aging*, State Recreation Commission, Sacramento, Calif., 1951, p. 212.

prospects and to limit the program to what can be offered under their leadership.

It has already been pointed out that professional leadership is available from local public and private recreation and group work agencies. Other sources are adult education programs, particularly those teachers who have had experience in working with older adults in the regular adult education groups. Many cities call on adult education workers for leadership in music, dramatics, arts and crafts, and various informal education activities such as lectures, forums, and discussion groups. Many churches, religious organizations, hospitals, and other institutions have recreation staff personnel whose training and experience can be used effectively in the program.

The same agencies can also help to secure volunteers. They use them effectively in their own over-all programs and would respond sympathetically to requests for help. There are other fruitful sources of volunteer leaders. The *raison d'être* of the Junior League is volunteer service to the community and it has responded in many communities to requests for co-operation and leadership. In some places it has taken the initiative in starting programs, and in a number of others has co-operated with other local groups in joint sponsorship of projects. In communities fortunate enough to have local colleges giving recreation or group work courses, students may well devote some of their field work training to this field.

Women's organizations have responded splendidly. Many of their members have the time and capacity for leadership and would gladly help if the opportunities were persuasively presented to them. The auxiliaries of veterans' organizations and the wives of members of men's civic and luncheon clubs have proved helpful in some communities. Members of the families of participants often become interested and helpful.

Visitors to hobby shows and craft exhibits frequently become deeply interested in the programs and should be enlisted for volunteer service. A volunteer registration booth or desk at the exhibit might well be provided.

Central volunteer service bureaus exist in a number of cities and can be a real source of strength in recruiting and

screening volunteer leaders. Their active interest should be enlisted wherever possible.

The membership of the program is itself a source of leadership which should be used extensively. It has been emphasized several times previously that this development of participant leadership is a major objective of the program itself. Talent is there to be discovered and put to work.

### **Other Volunteer Services**

In thinking of volunteer leadership, we must not confuse it with volunteer service generally. The above sources of leaders are also sources of volunteer services of other kinds, of which there are many.

The ways in which volunteers within and without the old age group itself can be of service are as many as the talents of man. There are few limitations on what can be done, from washing dishes to serving on the board of directors of a sponsoring group. The only limitation is how it is done.

In the area of community leadership, the volunteer is indispensable in helping to mobilize public opinion and support for a program and for maintaining and strengthening that support by a continuing effective public relations service in its behalf. He can contribute personally to special financial needs and secure additional support from the community. He can contribute his wisdom and experience to the program as a member of an advisory group. He can help to recruit new members.

Volunteer service is essential to the successful operation and conduct of special events such as hobby shows, craft exhibits and sales, outings and picnics. Transportation service is always needed and appreciated. Volunteer entertainers, amateur and professional, are almost a "must" in many programs.

A special type of volunteer service is to the shut-ins, both those living at home and those in hospitals and institutions. Just a friendly call and social visit mean a great deal to any shut-in. Many appreciate the delivery of books or a visit from someone who will read aloud. Ambulatory cases appreciate



opportunities to get out for a ride, for a trip to church, the stores, the old age center, the movies, the homes of friends, to picnics and other outings.

The list is endless, but the above gives some suggestion of the different ways in which all of us with some spare time can contribute according to our talents and our interests.

## Training

It must be assumed that the leader assigned to initiating a recreation project for older people has had some training for the task he is undertaking, even if this training consists merely of personal preparation through conferences with experienced individuals and groups, adequate study and understanding of the characteristics and needs of the aging, and the special leadership techniques involved. Pre-professional training has been lacking in the past and is today very limited. Training institutes must include training for service to older groups if the expanding needs of this field are to be met at all adequately in the future. Dr. Lorge points out that the professional recreation leader is likely to be weakest in knowledge of the basic facts of physiological loss and of mental and emotional maintenance that is requisite to leadership with this group, and also in knowledge of how to develop leadership techniques based on these facts.

The training problem facing the director of a program is largely a training of his volunteer leadership. It is always with him, since it includes continuous in-service training as well as whatever intensive pre-service training circumstances permit. Where a number of volunteers are recruited in a relatively short time through an intensive recruiting campaign, a pre-service training institute may well be conducted for those finally selected for leadership service, or such an institute can be open to all applicants—the institute being used to discover those individuals with the necessary leadership capacities and desirable personal characteristics. The others can be weeded out and, if possible, diverted to other types of volunteer service.

The pre-service training program should be primarily a course which orients the volunteer leaders to the setting and

climate of service with the aging and trains in the special leadership techniques required for the specific activity in which the volunteer is to assist. When the number of volunteer leaders is small, or where they are recruited one or two at a time, personal "training" conferences should be held before the leader begins his assignment.

The orientation course should emphasize the need for understanding old people, of working with them and not for them, or being patient though firm with them, tailoring one's expectations to what is known of their interests, capacities, and handicaps. An understanding of old age generally should be supplemented by a knowledge of the background of the older people of the local community, and particularly of those whom the program is designed to serve. This training should also be given to volunteers for general service other than leadership.

Training in leadership techniques should give precedence to the special ways of working successfully with older adults, as pointed out earlier. It must be assumed that volunteers in specialized fields, such as music, dramatics, arts and crafts, bring technical competency in these fields to their jobs, and the need is to help them to develop the capacity to work successfully with the aging who are, or can be, interested in their specialties.

There are some activities, particularly the social activities, where special training in leading the activity itself is frequently desirable. Many activities, though enjoyed by older folks, must be conducted on a modified basis, particularly as to tempo and length of time. Emphasis on the enjoyment of the activity as well as perfection in performance is desirable. The later chapters on activities point out many ways in which they should be modified for the safety and enjoyment of the participants.

# 3

## ORGANIZATION, FACILITIES, FINANCE

Recreation programs for the aging have been initiated by a wide variety of local agencies. Public recreation departments, park departments, councils of social agencies, settlements and neighborhood houses, and community buildings and centers have taken active leadership. Although older people themselves are anxious for the chance to participate in recreation and other leisure-time programs, they have not, except in a few exceptional cases, taken the initiative in approaching agencies to establish such services for them. Welfare departments and agencies have been active, particularly in the interests of their clients and social security beneficiaries. Although the churches have been generous co-operators in many instances, they have not generally initiated programs.

### Organization and Administration

The agencies mentioned above are also the most frequent sponsors and administrators of the programs resulting from their original interest, although there is hardly any type of community agency which has not participated in some way in serving the aged in one community or another throughout the country. The following list of sponsors and administrators of programs, though not by any means complete, will give interested individuals suggestions as to where they might turn for help in their own communities:

- Public recreation and park departments
- Councils of social agencies and their counterparts
- Community Chests
- Community houses
- Settlements and neighborhood houses
- Public welfare departments
- Family service societies
- Foundations
- Soroptimist Clubs
- Zonta

Business and professional women's clubs  
Councils of church women  
American Association of University Women  
Women's clubs  
Church welfare bureaus  
Councils of Jewish women  
Public libraries  
Catholic women's centers  
Public housing authorities  
Y.M.C.A.'s  
Y.W.C.A.'s  
Jewish community centers  
Adult education agencies, public and private  
Junior Leagues  
American Women's Voluntary Services  
Unions  
Business and industrial concerns  
Churches  
Junior Chambers of Commerce  
Lions Clubs  
Kiwanis  
Grange organizations

The over-all community planning, organization, and administration of programs involve the same basic policies and practices as other recreational, educational, and social welfare services, with special emphasis on simplicity and self-participation. Large urban communities have established community-wide committees on the aging, most frequently under the sponsorship of councils of social agencies. These committees assume responsibility for surveying the needs of the aging, for building community support, and for serving as centers for co-operative planning and clearing houses for the current exchange of thinking and experience. Several of these committees directly sponsor one or more local services. In Philadelphia, the Health and Welfare Council employs for full-time service a qualified professional staff worker to stimulate neighborhood programs under neighborhood sponsorship and to provide consultant service to the programs as they are started. Today Philadelphia has more than eighty such neighborhood services for the aging.

As this guide is concerned with direct program services, no attempt will be made here to spell out the details of over-



all community organization. Many helpful printed materials are available which record local experiences on over-all community planning and services. It is hoped here to record helpful suggestions for organizing and administering the programs themselves.

It is well to emphasize here the importance of building, as a first step, a strong core, however small, of sincerely interested individuals who will help in the planning of the project and stand loyally behind it until a good organization has been developed and well rooted. The individual wishing to initiate a program can make no better first step than to discover and recruit strong leaders for a steering committee of this type.

### **Building Participation**

What does the leader do when he has planned to launch a program, possibly by an informal party, has secured sponsorship, a place to meet, and enough money to start the ball rolling? He has made a fine start, but just a start. He must attract people to his opening event. He wants someone to come to his party. This is not going to be easy. Experience has shown that it is difficult to attract the older folks in large numbers at the start. Every avenue of approach to them must be used. The leader should hope for a good turnout and be prepared for it. He must also be prepared for a small group, and carry on with all the interest and enthusiasm he would give to a party of several hundred. However small the start, the number will grow fast enough. Many of the programs which today have large memberships started with a handful, even though vigorous publicity and promotion campaigns were conducted to attract a large initial turnout. A small industrial community sent special invitations to two hundred people. Eight came to the party! Today the membership exceeds one hundred.

The first obvious step is to find out who the older citizens are, where they are, and how to reach them. Some of the sources explored in different cities are lists of individuals receiving old age benefits or home relief, the names and addresses of employees retired from business and industrial concerns, the clergy, clinics, medical associations, geriatricians,

nursing services, fraternal organizations, labor unions, rooming and boarding houses, and hotels accommodating permanent guests. Some leaders have talked to older people sitting in the parks; others have secured the co-operation of small merchants and owners of neighborhood shops, drug stores, and stationery stores who know the people of the neighborhood. One community gave a children's party, the ticket of admission being one grandparent. Newspapers and radio and television stations have been found very co-operative everywhere. Older adults have a human interest news value.

Every possible avenue of information and co-operation must be explored. Initial plans should be flexible so that whether six or sixty appear on the scene, they will all enjoy themselves and be stimulated to return and bring their older friends with them. This personal recruiting by the first members has been the biggest factor in membership growth of most groups.

Certain questions inevitably arise when the time comes to start the ball rolling. "Whom shall we invite?" "Shall we have just women or just men or both?" "What should be the minimum age, if any?" "What other qualifications for membership or participation should be adopted?" All but a very few of the groups now operating are open to both men and women. Sixty is the minimum age set by most groups, although many set sixty-five. A surprisingly large minority have fifty and fifty-five as their lower limits, and a very few set no minimum age limit at all. Information available indicates that whatever minimum age is adopted, the greatest participation is among those sixty-five to seventy-five years old. One group reports that although there are no participants under sixty, a minimum age of fifty was adopted because some of the members in their early sixties did not want actual ages too specifically tagged. In general there are no other restrictions on membership than minimum age. Should the stated minimum age be eliminated from publicized membership requirements? Should old age be tagged?

The situation regarding minority group participation usually follows the local pattern in other areas of community living. Integrated racial programs are reported from some

communities. Miss Georgene E. Bowen, who has devoted her full time for the last six years to organizing recreation services for the aging in the Philadelphia area, in outlining the policies and practices which have contributed to the success of her work includes the following: "Inviting sponsors to draw no line of race or creed. If this proves to be impossible, *permit* sponsors and groups to meet in their own cultural, racial, or religious groupings. Later bring them together with others in mass activities." Every effort should be made to have groups democratically inclusive.

### **Early Considerations in Organizing**

It is vital that the leaders at the first meeting or party surpass themselves in understanding, patience, and friendliness if they are to make their guests comfortable and happy. Many of those present will be skeptical, looking for the "gimmick" in the program. They must be convinced that there are no ifs, ands, or buts in it, that it is for them alone, and for them to make it what they would like to have it. Their confidence must be secured quickly so that the leader can discover what their real interests and capacities are, what activities they are interested in, and what form of organization, if any.

If the first party is successful, the leader will probably ask, "When are we going to meet again?" and the discussion will usually lead to the consideration of regular meeting times and a name for the group.

Many names have been chosen by older groups, the most widely known being Golden Age Club. There are many other names chosen on the basis of age, such as Senior Citizens, but some question has been raised as to the desirability of identifying the age of the club members by its name. On the other hand, many leaders report that the participants themselves prefer and select the "age" name. The important principles to be followed are not to rush the selection of the name, not to let a few impulsive members force an early decision; the selection of the name should be by members themselves with no undue pressure on the part of the sponsor to have his favorite chosen. The sponsor should make sure that a wide range of

names is brought before the group. He may find the following list of some of the names of existing groups helpful:

Golden Age	The Second Sixty
Senior Citizens	Past Fifty
Senior Recreation	Retired Men's
Senior League	Young Old Timers
Adult Recreation Center	Jolly 60's
Best Years	Good Neighbors
The 49er's	Montefiore
Live Long and Like It	American Social
L Club	Friends and Neighbors
Adult Social	Craft
Borrowed Time	Get Together
Forget Me Not	Happy Home
Go Game	Happy Go Lucky
Grandmothers	Jolly
Friendly Seniors	Friendly
Retired Live Wires	Friendship
Oldsters	Wagon Wheel
Gay 60's	Pleasant Hour
60 Plus	Ladies Thursday Social
Sunset	The Friendly Center Club
Old Guard	

Weekly programs and meetings are the most common practice, although most groups with the exclusive use of a facility meet daily, the center being used most of the time as a drop-in facility with chess, checkers, recreational card games, radio, or television available. Regular weekly programs are frequently supplemented by parties, outings, and other special events. The afternoon is the favorite time for meetings, although some groups conduct programs in the evenings as well. Afternoons may be the popular time because of the preponderance of women participating—or the preponderance of women may be because not as many men are as free to attend during the day. Since nearly half of the men over sixty-five are employed and only 9 per cent of the women, the latter group, even though many may have household duties, has a greater leisure-time problem.

Publicity plays an important part in the continued success of the program as well as in launching it. The public is becoming more and more concerned about the aging, and



their needs and activities are news. Effective publicity methods can help to keep the community informed and interested, and this interest is necessary in maintaining and increasing financial support and volunteer leadership.

A special type of informational publicity is important to the older people themselves. Each community should survey its recreational resources for oldsters and publish a directory of them for wide distribution among all individuals and agencies which are in contact with the aging so that these resources will be at their finger tips for referral purposes.

The participants themselves like publicity; they like to have their pictures taken and printed, to see their names in the paper. Group activities provide a fertile field for the amateur photography enthusiasts in the groups. Publicity for the group and for the individual members provides an ego satisfaction that goes a long way toward dispelling the feeling of being on the shelf, of not being important any longer. The usual publicity media, newspapers and radio and television stations, are usually most co-operative. Talks before church groups, civic and social organizations, and other local groups all strengthen the support of the project. Members should be used freely in the publicity effort according to their talents. Talks, dramatic skits, and musical presentations by members are effective when the talent is good and the performance worth the time and attention it is designed to secure. Birthday parties, anniversaries, outings, special events, are all grist for the publicity mill.

The leader should not neglect the contribution that newspapers and radio and television can make to the service program. Many older shut-ins, whether in their own homes, institutions, rooming houses, or with relatives, can be reached effectively through these channels. Co-operation with special writers for the newspapers and the program personnel of radio and television stations will develop many regular features of interest to older people confined indoors. This type of service can be usefully co-ordinated with the personal calls of friendly visitors.

## Housing the Program

Where to meet is a problem but one not too difficult to solve in the early stages of the program when the membership is relatively small. The universal experience of rapid growth in participation has brought with it a problem of housing which in some communities has seriously restricted the growth of membership and the variety of activities. An adequate room for a small group for one afternoon a week can usually be found even in small communities. It is when space is needed for large group activities, for kitchen and serving facilities for large numbers, or for evening use that real difficulty is encountered. The project which has attracted broad community interest and sponsorship is fortunate in this situation as it has many more resources to call upon than the program which, however good, has failed to carry the community interest along with it.

Certain special requirements for facilities for service to the aging must be met if the program is to be successful. The availability of existing satisfactory facilities should be thoroughly explored before consideration is given to building a special facility. Aside from the economy factor, there is a definite value in having the group meet in a facility used by others, although this is not always possible when the membership or participation is large. Using a building with others contributes to the feeling of being a part of the community.

In selecting a place, full consideration must be given to the space requirements of the activities planned, and the reactions and ideas of the older adults themselves. Allowance for the physical handicaps of some of the members is an obvious factor. Minimum requirements would be a room large enough for parties, dancing, lectures, and meetings for the numbers anticipated; adequate kitchen space and serving facilities and rest rooms conveniently located on the same floor as the other space. Good light and plenty of heat are also essential. Additional rooms should be provided for special small group activities such as crafts and photography. Adequate storage space is required for the safeguarding of supplies between sessions when other groups are using the same rooms. Attractive out-

door space should be provided where possible for "sitting and sunning" during the outdoor season. The availability of outdoor game areas and equipment will add to the center's value.

Quarters for housing programs attracting a community-wide participation should be centrally located and readily accessible from all parts of the city by inexpensive and convenient public transportation. Transportation is a factor also in locating neighborhood meeting places, although to a lesser degree. Where part of the distance must be covered on foot, topography should be taken into account.

Meeting and activity rooms should be on the street floor. If first-floor space is not available the users should not have to walk up or down more than a few steps; otherwise rooms should not be used unless adequate elevator service is available. Where more than one floor is required, as in the case of a number of large community-wide centers, use should be planned so that adequate provisions can be made to meet the needs of those unable to go up or down stairs. Ramps are preferable to steps where it is practicable to install them.

Care must be taken also in the selection of areas for outings, picnics, and other outdoor activities. Distance and topography between parking lots and use areas are factors. Adequate drinking water, shade, benches, toilet facilities, and shelter from inclement weather are necessities in any outdoor areas used by older people. The outdoor activities which have been previously mentioned will indicate the types of game areas which will prove popular.

Although the activities planned will to a large extent determine the equipment which should be provided, certain things have become more or less standard. Adequate kitchen and serving equipment, comfortable—but not low—lounge chairs and sofas, removable tables for eating and table games, piano, radio, television set (large screen), record player, motion picture projector and screen (16 mm.), usually get top priority. As new activities are organized, the appropriate equipment will of necessity have to be added. Craft shop equipment and some supplies, instruments for a toy orchestra, a sewing machine, are examples of special needs. A public ad-

dress system, typewriter, and writing desks are found in some of the larger centers.

Space must be more than utilitarian to meet the needs of the group. It should be attractive and friendly. The tasteful use of curtains, drapes, and wall hangings will add greatly to the drawing power of the center. A judicious use of paint can cheer up a room markedly. The members themselves would enjoy helping with the decoration of the "club rooms." Where it is necessary to rely wholly or largely upon donations in kind for furnishing and equipping the center, the leader must have the courage to accept or at any rate to use only those contributions that are attractive or practical, that will not create a second-hand, run-down atmosphere. Too often appeals for gifts of material things bring forth many a piece which has been peacefully at rest in some attic and is wholly inappropriate for the use intended.

Where can suitable space be found? Many sources have already been tapped in one community or another by leaders of programs already under way. Some of these are:

- Public recreation and park department indoor centers and outdoor areas

- Public school facilities (including cafeterias)

- Public libraries

- Museums

- Church and synagogue facilities

- Religious agency centers

- Union halls

- Industrial and business concerns' recreation facilities

- Y.M.C.A.'s

- Y.W.C.A.'s

- Veterans organizations' club rooms

- Settlements and neighborhood houses

- Community centers and buildings

- Housing project facilities

- Youth centers

- Fraternal orders' club rooms

Houses or meeting rooms are rented in some places where other space is not available when needed. Philanthropic individuals and organizations have provided funds in some cases for the purchase or remodeling of a building.



## **Financing the Program**

The reported costs of making recreation services available to the aging are surprisingly low. Major items of expense are for meeting places and the salaries of professional leaders. The widespread use of the facilities of public and private agencies serving the recreational needs of all age groups, such as public recreation centers, schools, settlements and neighborhood houses, has eliminated a heavy rental or maintenance expense for many programs. Churches, lodges, and other private groups housing small memberships usually make only a nominal charge, if any, for the use of their rooms. As a rule, such charges cover only the additional expense involved in making the space available. Some of the large city programs requiring more space and equipment are housed in buildings where the additional cost is absorbed by the agency making the building or space available. In some cases the agency owning the building, such as a public recreation department, settlement, or community center, also administers the program.

Other large programs are housed in buildings donated or made available rent free by local public-spirited citizens or philanthropic organizations. As previously pointed out, the need for a large center usually develops after a program has been in operation for a long enough period to build up community interest and support on which to draw for help in securing more adequate quarters. The leader initiating a new program will rarely be faced with an insurmountable financial problem if, at the beginning, a small start and a sound steady growth are his objectives.

It is not possible to present a typical budget as a guide for those planning new programs, although a few common financial policies and practices are beginning to emerge from the experience of existing projects. The sponsor usually assumes responsibility for meeting places, furniture and equipment and major supply items, and for professional leadership. Many items of furniture and equipment are often secured by donation from local merchants and other interested individuals and groups. Food, transportation, and other minor program items are usually met by the members after the program is

under way. This is done primarily through voluntary donations of participants, and by fairs, bazaars, cake sales, and other money-raising events they conduct.

It is generally agreed to be essential that members of the group have the opportunity to contribute as generously as they can, and thus have some sense of responsibility for the financial success of the project. Plans for channeling members' support must be carefully worked out so that they will not adversely affect participation or embarrass those members who are not financially able to give. Membership dues are required by relatively few of the existing services, but practically all have placed a donation box in the center or have worked out some other plan for anonymous giving. Although individual gifts are usually small, they generally bring in enough revenue to pay for refreshments and some program items. Several report an average income from this source of ten cents per member per meeting or party. Where dues are required, they range from five to seventy-five cents a meeting, from fifty cents to three dollars a year. The low amounts are more common, with the larger fees prevailing where the group is composed of individuals who can well afford them. Those club groups with dues usually provide for some sort of "scholarship" or other form of anonymous free membership for those unable to pay a membership fee.

Any individual or group planning a program is urged to develop carefully a financial plan to meet its requirements as soon as the program itself takes shape and before any definite commitments are made. Probable items of expense should be listed with offsetting notations on probable sources of income to meet them, whether the income be in money, goods, or services. Reasonable assurance of successful financial support should be secured before the first step is taken to enlist the participants. The following self-addressed questions are among those which a leader or agency should ask:

Do I have the cash or pledges necessary to rent and maintain for one year the quarters I plan to use? For purchase of the building? For remodeling and renovations? For decoration?

Which of the following furnishings will I need? Which

are already in the center? Which can I be reasonably sure will be donated? Which will have to be purchased from project funds?

Tables, general	Public address system
Tables, game and refreshment	Typewriter
Chairs, lounge	Sewing machine
Chairs, plain	Craft and hobby shop equipment
Sofas, etc.	Motion picture projector and screen
Curtains, drapes	Game equipment
Piano	Radio
Television (large screen)	Record player

What paid leadership will I need? How much of it will have to be paid from my center budget? How much of it will be donated service from my own agency? Other agencies? (Include full- or part-time director of program, activities leaders.)

What will be the annual cost of janitorial service, maintenance supplies, repairs, water, gas, light, heat? If in rented or donated quarters, how much of this cost will be met by the owner?

How much will I need for the maintenance and upkeep of outdoor areas and facilities?

How much will the repair and replacement of the furniture and equipment cost?

How much will printing, mimeographing, postage, stationery, and other office supplies require? Program supplies?

How much will I need for the cost of refreshments until such time as the members can assume this?

How much of a contingency fund should I have?

This is a formidable list of questions but the average program will not require a forbidding budget. These questions may serve as a helpful check list for the leader in determining when he is ready to launch the ship as well as how big a ship to build and how great its cruising range should be.

# 4

## PROGRAM ACTIVITIES: SOCIAL

It has already been pointed out that the great need for sociability, a chance to laugh and relax with others, to forget cares and anxieties, is the primary motivation for the participation of most older people in recreation activities. As a result, social recreation activities play the major role in program planning in most groups, particularly in their early days.

Reference has been made also to the large part which the desire for social companionship plays in the success of other activities such as arts and crafts, music and drama. Participation in social activities often uncovers interests and talents in other areas and acts as a feeder to special group activities. Making party favors, decorations, or costumes may lead to interest in crafts; taking part in stunts and skits uncovers talents for more formal dramatics; and playing a musical instrument, singing, or otherwise contributing to a party program stimulates interest in group participation.

### Parties

Informal parties are the outstanding social activity of most groups. They provide fun for all when well planned. All types of individuals can be brought into the picture through the variety of activities included. When a new group is started it is important to remember that many of the members will feel uneasy and shy and the sooner the "I" is changed to "We," the more at home they are going to be. There are also those who are skeptical about the project and a good party for fun's sake alone can do much to win their confidence. The proper handling of a party also gives an opportunity for the socially aggressive to work off some of their ego in constructive ways.

In planning social activities for older people, the tempo of the program should be leisurely and the leader friendly and relaxed. A change of pace is important, with get-acquainted games, dances, mixers, quiet games, and entertainment used judiciously to provide a well-balanced over-all program. Rapid



directions and activities calling for quick decisions and responses should be avoided. Care should be taken not to carry on any one activity too long, and generous intermissions should be provided to avoid fatigue.

The feeling of embarrassment or failure is always one to cope with in working with any adults, and it is an even greater factor when the years may have left certain handicaps such as poor eyesight, a hearing difficulty, or poor co-ordination and balance. Activities with easy-to-follow directions and which the leader is practically assured will be successful go a long way in building up confidence and the ability to progress to new experiences. Confidence may also be built up through participation in old familiar games and dances and in singing favorite songs and hymns.

As the members become acquainted and begin to feel at home with one another, it will be easier to plan with them and to develop their interest in new activities. They will increasingly take part in making arrangements and assisting in the conduct of the activities. The following program may help to serve as a guide for the first meeting or two:

The chairs in the room have been arranged in small groups, not in straight lines around the room. The leader or the host for the party welcomes each guest with warmth and friendliness as he arrives. Attractive name cards are pinned on each new arrival to promote the get-acquainted feeling. The lettering should be large enough to be read easily at some distance.

1. If a large number is expected, some device such as birthday months might be used to divide the arrivals into groups. January, February, and March birthdays might form one group; April, May, and June, another; July, August, and September, the third group; and October, November, and December, the fourth. Each group might gather in a different corner of the room. Some appropriate decorations for the season of the year might be hung in each corner, such as a snow scene in one corner for January, February, and March; a spring scene in another; a vacation or beach scene in the third; and an autumn scene for October, November, and December.

Hostesses are assigned to each group to put them at ease and to keep the conversational ball rolling until all guests have arrived and the party is ready to start. This method permits everyone to visit and get acquainted, and many will be interested in learning the names of a number of other guests and trying to find someone whose birthday is on the same day and month.

2. An ice-breaker such as *Conversation* is then played. The guests are asked to form two circles, the men the inner circle and the women the outer circle. If there are fewer men than women, have the women whose last names begin with A to G join the men; if more "men" are needed, continue down the alphabet as far as necessary. The men's circle marches in one direction, the women's circle in the opposite direction. When the whistle blows, both lines stop and each person talks with the person opposite him. They exchange names and birthplaces. The leader then announces the topic they are to discuss, such as:

- (a) the longest trip they have ever taken
- (b) their favorite musical selections
- (c) their favorite food
- (d) their favorite hobby
- (e) their favorite joke

The leader then blows the whistle and the routine is repeated several times, giving a chance for a number of conversations with new persons.

3. A musical mixer follows, preferably a familiar one such as "Glowworm" or "Pop Goes the Weasel."

4. *Magic Carpet*. A small square is marked on the floor to represent a small carpet or rug. As the music plays, the couples march around the room stepping on the "carpet" in turn. The couple on the square when the music stops is out of the game. This is repeated until one couple is left. For large groups, two or more squares should be marked off to speed up the game.

As each couple is eliminated, they go back to their original birthday team and sit down. If they belong to different

teams, the gentleman first escorts the lady to her corner and then goes to his own.

5. Entertainment. Fifteen minutes of entertainment by home talent or guest performers provide a chance to sit down and rest while watching and listening. A couple of short numbers or one longer one usually will be sufficient. The types of entertainment might include such features as:

- (a) music, vocal or instrumental
- (b) poetry, well read
- (c) dance number by costumed group
- (d) a bit of magic
- (e) a good story
- (f) a travel talk

6. Simple relays or group contests. Four or five volunteers from each group should be used. The others will enjoy being rooters for their teams. The relays suggested should be of the following types so that all can see what is happening and which group is ahead:

- (a) Fanning a balloon along the floor around a goal and back. (Use equipment which will not require stooping over.)
- (b) *Driving the Pig to Market*—propelling a coca-cola or similar bottle (placed on its side) with a cane or yardstick around a goal and back.

Distances should be short and no running permitted.

7. Grand March. The men line up on one side of the room, the women on the other. The women who took the part of men in *Conversation* should again join the men present to equalize the lines. The two lines then march to the end of the room, meet, and come down the room in couples. The march should be short, the music good and not too fast. After two or three simple figures, march the couples to the tables for refreshments.

8. Refreshments. Food has top priority with the older adults. Practically every type of organized program includes eats. Preferably they should be served buffet style. Tables are put together in groups around the room to provide sociability,

the guests being permitted to sit anywhere they choose. Avoid, if possible, asking guests to balance cups and plates on their knees—this is difficult for anyone, young or old! Avoid hard candies or food difficult for older people to digest. (Sometimes refreshments are served first, to give them something to talk about and to give shyness a chance to wear off. This also helps the leader to get acquainted with the individual members of the group.)

9. After the tables are cleared, have the guests remain at the tables and join in group singing. A good accompanist is important. Either a piano or accordion is good for this type of informal singing. If a special song leader is not available, a good accompanist who plays by ear can usually lead the singing successfully. Favorite hymns, old songs, and rounds are popular and for this type of party are preferable to new and unfamiliar tunes.

10. Announcements. The leader, hostess, or representative of the group should make the usual announcements on the program for the next meeting, any special events planned, and other items of interest about the group's plans.

11. Closing activity. "Good-night, Ladies" is always a good closing number for a party of this kind. If the time of day is inappropriate for "good-night," change to "good-day." By the time the party breaks up, the hostess or reception committee should be at the door to say "good-by and come again."

The above outline is given solely as a suggestion. There are many other successful plans and good games and dances available on which to draw to keep the programs varied and enjoyable, which can be used safely with older people if the suggested adaptations are made and precautions taken.

However good the leader and the program, there will always be some guests who will not take part, particularly during their first visits, so it is desirable to have a few small tables available in the room where these individuals can play recreational cards, checkers, chess, or some other table game. The tables should not interfere with the party program but so far as possible should be placed where those using them can see the activities going on. They want to see and enjoy the party and do not feel entirely out of it if they see what's happening.



This interest will eventually lead many of them to overcome their diffidence or indifference and to become active participants.

The program should always have variety so that at all meetings or parties each person present will find one or two things which he will particularly enjoy. There should be a good balance between entertainment and participation, and always something interesting to watch for those who do not want to take part.

Participation should never be forced. The shy or insecure person needs time to get up his courage. He may be given little jobs to do in the interim which will give him recognition and speed the day when he will shed his reluctance and join in the fun.

Frequently, difficult new situations arise for the leader at parties for older people but patience, understanding, kindness, and a sense of humor will usually see him through these difficulties and even serve to help the members involved to adjust themselves happily to group activity.

## Dancing

Dancing is universally popular and successful. Older adults enjoy not only the favorite social dances but square dancing as well. Dancing is usually included as one activity in a party program, although some clubs and centers have special dances. It is generally better to include quiet games and entertainment with dancing, to avoid the overfatigue which can easily develop in the too enthusiastic. Dancing might be preceded by a short period of group singing.

The waltz, schottische, two-step, and other old ballroom favorites are still popular with this age group. In addition, many like other couple dances such as *The Duchess*, *Put Your Little Foot*, *Badger Gavotte*, *Glowworm*, *Varsovienne*, and *Minuet*.

Mixers are also popular, possibly because of the added sociability they give the party. *How Do You Do*, *Paul Jones Your Lady*, *Progressive Schottische*, *Oh Susanna*, *Slide and*

*Clap*, are examples of mixers which are being used by leaders of this age group.

Square dancing today is generally looked upon as a strenuous physical activity because of the fast swinging and fast tempo of the calling popular with younger age groups. There are many square dances, however, which are suitable for the senior adult group if properly led. The following squares and western squares are cited as examples:

Virginia Reel	Forward and Back
Quadrilles	Lady Round the Lady and
Hinky-Dinky, Parlee-Voo	Gent Solo
Oh Susanna	Promenade the Outside Ring
Life on the Ocean Wave	Take a Little Peek
Darling Nelly Gray	Old Grey Bonnet
On the Meadow Green	The Wheat
Around That Couple and	Anicka
Swing at the Wall	

Simple dances well done are preferable to difficult ones poorly done. Attempts to teach complex square dances may well kill interest in this type of dancing and discourage guests from coming back. The tempo of the music should not be too fast, and patter calling usually should be avoided except where the group has been brought up on it. Grace and smoothness of style should be stressed rather than speed, and the leader should watch carefully for signs of fatigue.

When a new, simple dance is to be taught, the leader should first have one set of volunteers learn the dance. Each person or couple from that set could then form and teach a new set. This will save time and avoid long standing on the part of the whole group.

Where there are not enough men to make even couples, the women taking the part of the men should wear paper hats, if possible, as they are more conspicuous than arm bands.

In general, a rhythmic, sustained movement such as one gets in properly directed square dancing is not nearly so hard on the heart as an activity calling for spurts of energy or quick start and stop games. The latter should be carefully avoided.

## Special Events

Special events are frequent in the social program. They provide splendid opportunities for varying party activities and frequently call upon the services of members in the preparation of favors, decorations, and even costumes. The most common special event is the monthly Birthday Party. It has become an institution in most groups. Others are wedding anniversaries, club and center anniversaries, and holiday parties.

At the monthly birthday parties, which are usually luncheons, suppers, or teas, the members whose birthdays fall within the month are the honored guests, sitting at the head table. A special speaker or something unusual in the way of entertainment is provided. One city reports that children's programs are particular favorites at its birthday celebrations. Sometimes a candle is placed at the place of each honored guest or a flower given in honor of the occasion. Special decorations and favors are often provided. The members also enjoy serenading the birthday guests with appropriate songs.

Photographing the honored guests is popular—either for the press or for presentation to the birthday guests with the autographs of the other guests on the reverse side of the picture. These special birthday occasions are effectively used to keep the public aware of the program. The special guests also enjoy seeing their names and pictures in print and this recognition strengthens their feeling of belonging to something worth while.

Several cities have worked out effective candle-lighting ceremonies to give dignity and solemnity to the occasion and to remind the members of the values of living in these later years. Aurora, Illinois, has adopted the following simple ceremony, which appeals to the members being honored:

Each birthday celebrant is called to the front of the room by name and they all stand in line, side by side. After all the listed names are called, a check is made to find out if any names were missed or left out. Each is then presented with a corsage or boutonniere, and a white candle thick enough (about 1" x 6") to hold safely. A member lights each candle. As the last candle is lit, that is the signal for the rest of the club to sing "Happy Birthday."

The birthday celebrants then march single file into the refreshment room to a large table decorated with birthday napkins and a special cake. When they are gathered around the table, all candles are put out.

The Creative Writing Class of the San Francisco Senior Center itself wrote an impressive ceremony, which is included here through the courtesy of Mrs. J. J. Geary, a member of the Board of the Center and volunteer teacher of the Creative Writing Class:

Six unlighted tall candles are set upon a low table. One tall lighted candle is held by the Reader; this symbolizes the spirit of the Club. Each of the six members who participate hold unlighted candles and they light their candles from the central candle as the Reader describes the wish which the candle symbolizes.

*Reader:*

Our lighted candle is a symbol of our Club.

The candle seems alive when lighted. It seems gay and adds brightness and warmth to all who are near it.

So would our Club add joy and happiness to our lives.

The candle does not exist for itself but for the service it can give. So our Club has been founded to be of service to all who become members, and to remind us that as Senior Citizens our lives must be ones of contributing usefulness to our communities.

From the candle, symbolizing our Club, we would light the candles of our good wishes to you who this month have celebrated your birthdays, and of our hopes for you for the years ahead.

Another birthday, another year of life.

What does it mean to us?

What gifts does it bring to us?

There are many precious things that we have now in greater abundance than ever before.

What are these treasures?

Let us consider.

First there are *opportunities*.

Our mothers and grandmothers, our fathers and grandfathers, spent their old age in rocking chairs.

In many cases this old age began at fifty.

Today, old age is out of fashion. The rocking chair has disappeared.



Now the later years are a time of fulfillment. We have leisure time, for life no longer demands so much of us.

We can learn new skills, keep alive old ones, and lead busy and active lives.

Young in spirit—proud of our new-found interests, proud of our ability to dance and sing—life can be spent joyously and happily each succeeding year.

We light a candle for OPPORTUNITY. (The candles are lighted in turn by the six participants as designated, who say "Let us light a candle for opportunity," etc.)

There are *memories*.

We have more memories today than yesterday, many more this year than last.

Our experiences of today will be our memories of tomorrow.

What of yesterday?

Do we remember things we should forget?

Let us gather happiness in the days that are, that we may have such a store of pleasant memories that there will be no room for any others.

We light a candle for MEMORIES.

*Experience* •

Each year of life adds immeasurably to our sum of experience. As it increases, it gives us a deeper understanding of life.

Experience gives wisdom, and each one of us has a matured understanding that can help younger men and women along the way, whether we are aware of it or not.

We are grateful for the experiences of life, and look forward to new ones with happy anticipation.

Let us light a candle for EXPERIENCE.

As we have come along through life we have each known our times of loss.

But there are things that have been with us in the past, that are with us yet.

Some of us are more aware of these blessings than ever before because we have a deeper sense of appreciation.

What are these?

One is *beauty*.

Beauty still surrounds us; we do not have to travel to find it.

We live in a beautiful city and our Center is in one of the loveliest spots in that city.

And within are the beautiful faces of our people.

Not the beauty of youth—but the beauty made by time, chiseled by character, the kind that Rembrandt loved best to paint.

All about us is beauty. We need only look and listen.

This candle is for BEAUTY.

### *Friendship*

We may compare our Center to a garden—a garden of friends.

As well as the native stock, it is favored by the transplanting of many varieties of flowers from many lands.

Let us keep the flowers of friendship beautiful by watering the garden with kindness and keeping the sunshine bright with smiles.

Dear to our hearts are our friends, both old and new.

Let us light a candle for FRIENDSHIP.

### *Happiness*

The place to be happy is here—the time is now.

Live today and have a happy anticipation for tomorrow.

The days that are now—they are the days of promise and fulfillment.

Our happiness is the sum of our experience, our warm memories, our present opportunities, our appreciation of beauty, and our joy in our friends.

This last candle is for HAPPINESS.

These then are the good wishes that we wish for each of you tonight:

New opportunities

Happy memories for tomorrow

Rich experience

Beauty

Friendship, and

Happiness

(Now the candles of the birthday celebrants are lighted from the candle symbolizing the spirit of the Club—and the whole group joins in singing such songs as “Happy Birthday to You,” “Auld Lang Syne,” “Memories,” and “The More We Get Together.”)

The fiftieth and other special wedding anniversary dates of members are also the occasion for special programs somewhat along the lines of birthday parties. They are scheduled only as the occasion arrives, as they are not too frequent, but they do add a great deal to the enjoyment of the couples honored.

A number of clubs celebrate their own anniversaries with special programs, and they use the occasion to recognize their original membership so as to keep the public informed of the club's program and progress. Aurora, Illinois, awarded special certificates to "charter" members.\*The Wagon Wheel of Syracuse, New York, celebrated its second anniversary by putting on an all-day program including a musical show, open house, and a special display picturing the growth of the project during its two years of existence.

The numerous state and national holidays and other special days, such as Valentine's Day, St. Patrick's Day, and Halloween, are used by many leaders to give interesting variety to their social activities. The wealth of material available makes this a relatively easy and fruitful way of enriching the program.

### **Informal Social Activities**

In planning the social program for older people, care should be taken that every minute is not occupied with organized activities. There is a basic need for the opportunity just to sit around and relax with others, to talk in informal groups. Clubs with exclusive rooms of their own should be very careful not to provide only weekly meetings of two or two-and-a-half hours entirely for club business and set programs. The need for a drop-in center, in its broadest sense, is important for this group, to supplement weekly meetings—perhaps more important for men than for women. As previously pointed out, two to three hours a week of group activity is not going to meet the recreational needs of the aged.

### **Games**

The value of games must not be overlooked in planning. Recreational cards, checkers, chess, darts, shuffleboard, and

many other table games are popular. Bingo of a free-play, non-gambling type, played for fun and gifts of no intrinsic value, is a universal favorite and is provided in a number of centers, with the money aspect eliminated. It can well be played with complimentary tickets to concerts, movies, radio or television shows, or other items with no great intrinsic value as prizes for the high score of a set number of games—not for each game.

Something for people to do in pairs or small groups helps materially to make them feel at ease and to hold the interest of some who otherwise might drift away from the project.

### **Picnics**

Social recreation is not confined to the indoor season or to indoor centers. Picnics and outings of various types have proved their popularity with the old folks. Whatever the picnic program or whatever the objective of the outing, these activities are primarily social events to the participants. The older people enjoy a change of scenery and a few hours in the open country together, even though they may be doing many of the same things they do at their home center.

Successful picnics and outings, however, require careful planning; they cannot be organized impulsively overnight. They also provide the leader with an opportunity to give many members a chance to help in their planning and conduct.

Whether planning for a small or large group picnic, there are certain "musts" to be met. Responsibility for caring for the necessary preliminaries and for the conduct of the picnic itself can be assigned to individuals or to committees, depending on the size of the group and the amount of work involved. Volunteers outside as well as in the membership can be used to good advantage.

There should be one person or committee to have general charge, to assist with and co-ordinate the work of the others, to act as publicity agent, and to be responsible for all duties not otherwise specifically assigned. The combination of duties assigned to any one individual or committee may vary, but it is important to see that these essentials are cared for.

A volunteer transportation corps should be organized



where possible to save transportation expense. Where this cannot be done and buses or other public carriers must be used, it may be necessary to secure donations from civic groups to cover the cost. Otherwise, some of those who most need and enjoy such opportunities must be left at home.

Care should be taken in selecting the site. It should not be too far from the starting point because of the fatigue factor, particularly on the return trip. The site should have adequate shelter against inclement weather, cooking facilities, tables and benches, drinking water, conveniently located rest room facilities, shade, and parking space. There should be plenty of level space and the picnic ground should not be too far removed from the parking area. The picnickers should not have to climb steep grades in leaving or returning to the parking area.

The following suggestions also may prove helpful:

1. Avoid money prizes. Inexpensive prizes are best.
2. Have an "under-shelter" program ready in case of rain.
3. Always have a first-aid kit with you. Some groups have been able to secure the attendance of a volunteer nurse.
4. Be sure all activities are wholesome, amusing, and appropriate for the group.
5. Include everyone in the program.
6. Use get-acquainted games and mixers.
7. It pays to advertise picnics. Talk them up weeks in advance.
8. Speaking and musical programs are desirable but they should not be too long, and provision should be made for good loud speakers or amplification so all can hear.
9. Don't try to force people to enter events.
10. Have the participants bring box lunches and provide them with coffee, soft drinks, and ice cream, if possible.
11. Do not have too long an active program. Remember the fatigue factor and the ride home. Make a time schedule, spacing out the activities, and stick to it.

It is better not to try to follow the standard picnic programs conducted for other groups. Consult the members of the clubs or centers participating and find out what they really want to do.

The following examples of picnic programs in Hutchinson, Kansas, Wilmington, Delaware, and Evansville, Indiana, illustrate the wide variety of programs offered and, to an extent, the influence of environment and type of membership.

The Hutchinson annual "Kansas Pioneer Picnic," though actually an indoor special event held in January, is organized as a picnic with an appropriate picnic program. It is for all persons over sixty and is conducted in the Convention Hall from 9:00 A.M. to 5:30 P.M. A social evening is also held in the Recreation Center beginning at 7:30.

Participants bring their own food for an old-fashioned box luncheon, the sponsor providing coffee and doughnuts throughout the day. The program includes a Grand March, *Virginia Reel*, and other square and round dances. There are contests in hog calling, cow calling, husband calling, milking, fiddling, and tall-story telling. An egg and spoon race and a tug-of-war are also included in the many activities offered.

Prizes are awarded for the oldest pioneer, teacher, student, preacher, couple, and twins present, and for the person coming the greatest distance and the most interesting costume. The tallest and shortest persons and the oldest married couple are also recognized by awards.

This is certainly a full program, though possibly too long for some. It suggests a number of ways to interest a large cross section of the older people of the city.

The Wilmington picnic is sponsored by two church-sponsored Golden Age Clubs, the Old Guard, the Board of Park Commissioners, and Recreation Promotion and Service, Inc. It is held in North Brandywine Park from 2 P.M. to 7 P.M. and is open to any person sixty-five or over. (Wives and husbands are welcome even if under sixty-five.) The committee provides coffee, tea, milk, and dessert, the participants bringing their own box suppers. In case of rain the picnic is postponed one day. The committee charts buses, each picking up passengers on a different route. Bus routes are mimeo-

graphed and distributed in advance. Arrangements are made for those riders who care to do so to make donations to help meet the cost of the buses.

The program is usually not too active. In 1952 the picnic opened with welcoming talks by several dignitaries. These speeches were followed by a free-time period for relaxing, making new acquaintances, and talking to old ones. There was also provision for checkers, croquet, and horseshoes. Other features were rides in old-time automobiles, playing old phonographs and records, music in the Gay Nineties manner by the Wilmington Philharmonic Orchestra, an old-time fiddler, and group singing.

In Wilmington, as in Hutchinson, prizes were awarded to the oldest man, woman, resident of Delaware present, and so on. Special recognition was given to all couples who had celebrated their fiftieth wedding anniversary.

The Three Score Club of Evansville, anxious for a change of scenery and activity, and possibly a change of diet, accepted with enthusiasm the suggestion of its leader for a one-day "camping" trip with a noon cookout. The members showed little imagination in the discussion of what to cook, falling back on the old stand-by wiener roast or picnic lunch with coffee. One member, knowing the leaders' camping experience, asked for their ideas. Coffee-can cooking was suggested. Never having heard of it, the members were curious as to how it is done. The simplicity and fun of it appealed to the club and the wheels were set in motion.

Various committees were appointed, with the leaders standing ready to pitch in and help whenever necessary—a Food Committee, Hostess Committee, Clean-Up Committee, and Transportation Committee. The date was set and a place selected in a state park twelve miles away. The menu was selected after consulting the personal tastes of the members. It consisted of a pork chop, cabbage, potatoes, celery, carrots, and onions to be cooked in the coffee can. Coffee, hot rolls, butter, and Apple S'Mores for dessert completed the list. Paper plates, cups, and wooden forks were used, so that dishwashing involved only the utensils used in preparing the food for the "camp." Thirty members turned out for the event in low-

heeled shoes, housedresses or slacks, jackets, sunglasses, and the indispensable coffee can.

Following a most successful meal, a few games were played (with leftover potatoes and cabbage leaves for prizes!), and all returned home at the end of the day happy and ready to plan the next program—an outdoor breakfast, using oil-can stoves to be made by the members as a craft project.

## **Outings and Trips**

Outings can have many objectives—scenic, historic, educational, or recreational. Any objective of sufficient appeal to the group can be used to stimulate interest and active participation. Dearborn, Michigan, visited the city's summer camp; Jamestown, New York, took a two-hour ride through the country in May to enjoy the trees in bloom, the fields and gardens being planted for the season's crop. Some of the group had spent the early years of their lives on some of the farms on the route.

Some planning is necessary for trips even if no organized program is planned. The Pittsfield, Massachusetts, Golden Age Club has a special Bus Trip Committee of five members and a volunteer nurse. This committee is charged with the responsibility for discovering desirable objectives, planning trips not exceeding sixty miles round trip, and locating rest room facilities three-quarters of an hour to an hour apart on any route worked out. Space and seating capacity of eating facilities are checked in advance.

Eight bus loads of Golden Agers in New Orleans visited the Mobile group and the combined membership of four hundred enjoyed four hours of varied activity, including a visit to the Bellingrath Gardens and a party at one of Mobile's recreation centers. Visiting needy groups is popular in several communities.

Meriden, Connecticut, staged a joint jamboree of Golden Age Clubs, inviting groups from five other Connecticut cities. An all-day program was planned and successfully carried out, including entertainment, lunch, talks, and discussions.

Every community has its scenic and historical spots and



they should not be overlooked in planning the outing program. State and national parks and forests, sites of historic events, and homes of distinguished Americans of the past all have appeal to the old-timers.

In-town trips have a place in the well-rounded program. Museums, libraries, schools and colleges, and local industries are all good objectives around which to plan an afternoon's or a day's activity.

# 5

## PROGRAM ACTIVITIES: CAMPING AND DAY CAMPING

Camping is a program resource for older people which is receiving increased attention from camping, recreation, and group work leadership. Not camping as we provide it for children and youth, with its emphasis on vigorous, adventurous activity in the out-of-doors, but a camp life adapted to the interests, needs, and physical capacities of old age. Although this is a relatively new phase of the program for older adults, recent pioneer projects in several cities are proving its value and developing sound policies and practices.

A number of welfare agencies have for some years provided camping or other types of vacation opportunities for their older clients, usually more in the nature of health or fresh air projects than recreation-motivated programs. Some older persons also have been served through family camping programs, but it is fair to state that only a negligible percentage has been able to take advantage of these limited opportunities. "Accent on youth" still characterizes the American camping movement.

Even the present camping programs stimulated by the current concern for the older population largely reach only the adults receiving social security, old age assistance, or other forms of financial subsidies. Still largely unexplored are the great possibilities for serving the many in the middle economic group who are unable financially to take advantage of resort hotels or other commercial vacation centers, and who will not accept anything that they consider charity. The in-town recreation program which is reaching this group in increasing numbers has a unique opportunity and a special challenge in enlisting their interest and participation in camping.

At first glance there seem to be many obstacles in the way of an organized camping program for this group. These are not only the problems of financing, camping facilities, and staff but many difficulties in enlisting the support of the older people themselves. They, like their children, are fearful for

their health and safety; those living alone are reluctant to leave their belongings behind in a furnished room; those on pensions or other forms of assistance are concerned about what might happen to their checks while they are away. Lack of initiative and reluctance to participate in new experiences are also factors to be met. However, these attitudes can be changed by effective interpretation of the camping experience, by the assurance of proper health and safety precautions, and by securing assurance from the appropriate sources that the usual financial aids will be fully safeguarded.

Communities which have faced up to these problems have found that they always loom larger in anticipation than in reality. These communities have always been able to enlist as many members as the limited facilities could accommodate, and the experiences and enthusiasm of the first group have assured a growing desire to participate on the part of many of those who were too skeptical or too timid to try it the first year.

### **Camping Facilities and Organization**

The first problem to be faced is the place to camp. This is simple for those year-round agencies—settlements, community centers, religious groups, welfare agencies, and public park and recreation departments—which are fortunate enough to have their own camping facilities.

As a great majority of the sponsors of old age recreation groups do not have their own camps or experience in conducting camp programs, the securing of a site and the operation of the program usually must be a co-operative venture on the part of several local groups. Co-operation with other local groups is also desirable on the part of an agency with its own regular camp program if the opportunities for participation are to be spread over the community.

The Margaret E. Barkley Summer Camp for Older People is a co-operative project under the direct administration of the Recreation Project for Older People of the Welfare Federation of Cleveland. The city made available Camp Cleveland, a city-owned property sixteen miles from downtown

Cleveland, which has level terrain, is readily accessible by public transportation, and is near the City Infirmary where doctors and nurses are available in case of emergency. Privately contributed funds met the cost of a cook, assistant cook, and part-time craft instructor, and the city recreation department provided the services of part-time choral and arts-crafts leaders. Co-directors of the camp were furnished by the Division of Aid for the Aged and the Welfare Federation. The former also provided the services of a nurse who slept at the camp. A dietitian and the Welfare Federation planned all meals. These together with volunteers formed a staff of six full-time and five part-time persons. A total of five government agencies, seven nongovernmental organizations, and many private individuals co-operated in the planning or operation of the camp.

In Chicago the Jewish Community Centers, the Council of Jewish Women, and local hospitals co-operate in the camp program. In Pittsburgh the camp conducted by the Emma Kaufmann Settlement is sponsored by eight different Jewish groups interested in their older adults. The Inter-faith Recreation Committee for the Aging of the Rochester, New York, Council of Church Women offered a three-day camp experience, with the co-operation of the Masonic Service Bureau and the Sorooptimist Club.

A coming together of groups conducting recreation programs, agencies with camping facilities and experience, local civic clubs, health authorities, and others, with the common objective of developing a working plan for camping and with each carrying a share of the load, will usually be successful in meeting the problem constructively.

There are few, if any, nonprofit-camps operated exclusively for older people. For the present this group must be served by camps which are provided primarily for other groups and which are inadequate to care for the older people during the regular camping season. Since there is a need for more camps for children and youth, any contribution existing camps can make to the needs of older people must be largely during the two-week periods immediately preceding and following the regular camping season. This does permit the securing



of a larger return on the investment in camps, but it subjects the oldsters to the uncertainties of the weather except in mild climates.

There has been some experimentation in providing camping for the aging at camps for younger people during the normal season while the regular camp program is in session. This not only gives greater assurance of warm weather but also provides contacts between the age groups which can be helpful and satisfying to both. However, the best assurance for adequate in-season facilities is the successful demonstration of the need, through part-time use where necessary, of existing local facilities and the exploration and full utilization of such possible existing facilities as there may be in county, state, and national parks and forests. The fine camping opportunities in these areas, available at little or no capital investment cost, should be able to contribute materially to the camping needs of our older people.

In selecting a camp, the special housing and physical comfort needs of the aging must be considered. Cabin camps with two to four persons in a cabin are greatly to be preferred. Where possible, facilities should be provided for married couples. Dormitory-type housing is not desirable. Warmth and good lighting are necessities. Campers will feel more at ease if those from the same groups are housed together. Good lighting is always important on all paths used after dark. Centrally located areas within the camp should be selected for special program activities such as arts and crafts. Difficulty in reaching an area will reduce participation. Paths should be freed of such hazards as stones and exposed roots. Toilet facilities and water should be convenient, indoors if possible, since they will be used in all kinds of weather. Warm bedding should be provided and campers instructed about the proper shoes, clothing, and personal effects to bring with them. In general, the physical aspects of camp living should be made as comfortable as circumstances permit. Camping for the elderly is not an adventure in primitive living. It is an adventure in outdoor living on the basis of the physical comfort their age requires.

The camping period for oldsters is generally for one week, although some programs, such as that offered by the Jewish

Community Centers of Chicago, are for two weeks. Where full week or longer periods are not possible, communities have made a start with overnight, week-end, and three-day camping. It is advisable to start modestly and build slowly; participation, public interest, and financial support grow as the result of a job well done.

Recruiting campers has not proved too difficult. In Cleveland the Golden Age Clubs were the source of most recruits because it was felt that members of these clubs would be able to make the best social and physical adjustments. In Pittsburgh campers were recruited from a settlement, Old Age Lounge Program, a home for the aged, and by newspaper publicity in the English and Jewish Press. The Council of Church Women in Rochester drew from their eight neighborhood clubs for the aging and the Danforth Center operated by the city of Rochester. Some of the agencies conducting camping recruited primarily from their own regular constituencies.

Eligibility for camping is usually based on a minimum age. Men and women and married couples are admitted to some camps; some are for women only. Health examinations are essential. In most cases these are offered free by public health authorities or agency health services, although the certificate of the individual's own physician is accepted. Health problems at the camps have not proved serious. Colds, constipation, and sunburn are the major troubles. Applicants must be ambulatory and not require special health diets. An important part of any recruiting policy is a plan for interpreting the advantages of camping to members of old age groups for several weeks or months prior to recruiting time. This should be followed by a pre-camp indoctrination program to ease the way for adjustment to camp living.

### **Camp Administration and Staff**

Camp operation for the oldsters is not greatly different from that for other groups. More careful supervision over health and safety is necessary and careful dietary supervision is usually required. Old age campers have a tendency to over-eat at first, but this can be overcome by assurance and

demonstration that ample food is available for all. They can and will help with camp housekeeping—cleaning tables, making beds, and taking care of their own cabins. Heavy duty chores will have to be taken care of by the camp maintenance staff.

Planning the camp staff does not differ from planning for other camps. Many good books are available on all aspects of camping and will serve as reliable guides for the operation of special camping projects for oldsters, with obvious adaptations being made to meet some difference in needs for service on the part of older people. The camp program will determine the staff apart from the usual maintenance and administrative personnel. Experienced professional camp staff workers, however capable in their regular work, should not be assigned to working with older adults unless they understand them, are interested in working with them, and have the patience and other personal qualities essential to working successfully with the aging in any phase of the program.

The Cleveland camp project, with an attendance of sixty-six campers, had two co-directors, a nurse, part-time dietitian, two cooks, one full-time and one part-time instructor in arts and crafts, and one part-time choral leader, plus volunteer leadership from local agencies such as the Music Settlement and Museum of Natural History. Care of grounds was handled by city workhouse personnel.

The Pittsburgh camp, with sixty-two registrants, had a doctor, two assistants, program director, two activities leaders, and a worker charged with responsibility for co-ordinating the program and channeling the activities and interests of the campers into their neighborhood centers. A waterfront director, nurse, dietitian, and kitchen staff completed the roll.

The Jewish Community Centers Camp plans for thirty-five campers and ten staff members, five of whom are on the regular staff of the camp being used for the older people. Three program workers are included.

Lest the staff problem seem too formidable from these examples, it is well to point out that the three-day camping project for forty-two men and women conducted by the



Rochester, New York, Council of Church Women was conducted entirely on a volunteer basis.

It is evident that staff depends not only on the extent of the program but also on the financial resources available. Leaders of in-town old age groups whose members are participating in a camp program should be used as much as possible in the camp setting to provide a most desirable continuity of leadership. Camp life then will not seem so strange and it can be integrated into the over-all, year-round program. These leaders can use profitably their knowledge and understanding of the campers as individuals and help to prevent lonesomeness, personality conflicts, and other similar problems.

Finances may seem to present an insurmountable problem, but it costs no more to send an older person to camp than to send a youngster. Securing the interest of a number of groups who can share in financing the project through cash or service contributions will spread the load so that it will not be too great a burden on any one of the sponsoring individuals or organizations. Part of the cost can be met by many of the campers, a few even meeting the full cost of their participation.

Available budget figures show a wide variation in cash outlays, due to the extent to which costs are absorbed in existing budgets for other agency services, the extent of program leadership loaned without extra cost, and local variations in unit cost figures and salary scales.

The Emma Kaufmann Camp of Pittsburgh, referred to previously, reports an extra cost of \$1,562.04 for one week's camping for sixty-two individuals. Major items of expense were professional salaries \$280.00, wages \$273.50, transportation \$197.10, and food \$679.97. Campers' fees collected totaled \$709.50, leaving a net cost to the sponsors of \$852.54. Fees paid ranged from \$4.00 to \$29.00, with \$6.00 the most common payment and \$11.70 the average.

The Jewish Community Centers of Chicago have prepared a budget for thirty-five campers totaling \$2,636.00 for a two-week period, or about \$37.00 per week per camper. It is estimated that fees will total \$1,300.00, leaving a balance of \$1,336.00 to be met by Golden Age Clubs, general contributions, and the sponsoring agency. The full fee is \$60.00



per person for the two-week period. It is anticipated that ten will pay this full amount, ten will pay \$40.00, five will be able to pay \$30.00, and ten only \$15.00. Expenses include \$900.00 for food, based on \$1.50 per person per diem including staff, transportation \$400.00, and \$660.00 for salaries and wages. No professional leadership is charged in the budget.

## **Camp Program**

The program is the thing at camp and everyone is a participant in it. The modern camping program usually is defined as an educational-recreational experience in group living in an out-of-doors setting. Although education and group living are receiving more and more emphasis, the original recreation motivation is still inherent in all camping. This is particularly true with older people. They want to get out in the country, to get away from the routine of a "retired" existence in the urban community. But they want to do at camp many of the same things they enjoy in their groups at home—play games, dance, sing, and be entertained; some fish or wade or row a boat as they did when they were youngsters but have had no opportunity to do for some time. The wise leader recognizes this and meets these desires. However, he is alert in leading them to the new experiences which camps and outdoor life alone can give them. As campers repeat their experience each year, a whole new world of interest can be opened to them.

Upon arrival at camp an orientation session is in order, to give the campers an opportunity to inspect the camp site, meet staff members, and learn the few necessary rules and routines of camp life. The campers themselves should participate in planning camp activities and in serving as the channel for recommendations and complaints to the staff, through a camp council composed of one representative from each cabin or other natural grouping. The planning and other activities of the council are subject to approval of the staff. With wise guidance the council can serve a useful purpose and conflicts can be resolved quietly and with a minimum of ill feeling.

Social activities popular with campers in their home

groups are also successful at camp. Recreational card games, chess, checkers, square and social dancing, ice-breakers, mixers, and similar activities make them feel at home and are particularly popular in the evenings and on rainy days. Group singing, puppets, skits, movies, and entertainments all find their way into the successful program. The utilitarian arts and crafts and those which can be completed at home are successful. Interest can be carried from this familiar type to the usual nature crafts of the camp program. Both have their place.

Fishing, wading, leisurely boating and swimming, bring back many a memory of younger days and should be provided under competent supervision. Wandering along the paths and roads of the country, berrying, collecting stones and shells, scavenger hunts, picnics, and organized nature walks all serve to stimulate interest and activity in the out-of-doors. Outdoor cooking experiences are also popular.

Time must be found in the daily program for resting, reading, visiting, and writing letters.

The evening campfire, outdoors or around the fireplace of the social hall as the weather prescribes, can be a source of both entertainment and inspiration. Marshmallow roasts, storytelling, home talent performances, singing, movies, entertainments, discussion periods, birthday and closing day celebrations, are all successful programs. The campfire, moreover, provides a most appropriate setting for inspirational programs—reading from the Psalms and other fine poetry and prose, singing favorite hymns, and listening to special speakers on inspirational topics.

Appropriate religious programs are of great importance to the aging. The camp council or a special committee should take responsibility for these, with the guidance and help of the staff.

At the beginning of the camp period a special editorial committee should be appointed to edit the camp newspaper to be distributed on the last day of camp. The newspaper, with its chronicling of the daily life of the camp, its personals and other features, is a cherished souvenir of the camp and helps to keep alive the pleasant memories of the campers during the coming winter months.

An important part of program planning is the scheduling of a balanced day. Camp councils in some camps each morning plan the day's activities, usually in accordance with a skeleton outline. The following sample daily program of the Cleveland Camp is suggestive:

- A.M. 7:00 Rising hour.  
7:55 Flag raising and salute to the flag by all campers.  
Two campers selected to take charge of flag exercises.  
8:00 Breakfast.  
8:30 Chores. Each camper responsible for making own bed and keeping group cabin neat.  
10:00 Activity periods—singing class, art-craft class.  
to  
11:30
- P.M. 12:15 Dinner and relaxation period.  
2:00 Activity periods—craft class, nature study.  
to  
4:00  
4:00 Free-time period for unplanned activities.  
5:30 Supper.  
7:00 Social and game period.  
8:15 Campfire circle—a place of inspiration around the fireplace.

Nature study covered the geologic structure of the county area, local vegetation, birds, snakes, fur animals, and the stars. To meet interest of the campers, conducted nature walks were added to the program. Arts and crafts classes included finger painting, leatherwork, designs on copper, weaving of hot pads, and ceramics.

Reynold E. Carlson, Associate Professor of Recreation, School of Health, Physical Education and Recreation, Indiana University, and former President of the American Camping Association, emphasizes the importance of opportunities for group planned and self-directed activities for this age. He believes also that most of the children's camp program, geared to the physical abilities of older people, is suitable for camps for the aged.

In camping as in other activities for the older people, the participants themselves express their appreciation in glowing

terms and the leaders emphasize the unusual personal satisfactions they derive from working with this group.

## Day Camping

Day camping can provide wonderful experiences for older people in communities which as yet do not provide for fuller camp opportunities, or for those who for various reasons do not wish to participate in overnight camping even for one or two nights. The programs of many one-day outings or picnics provide a partial substitute for more highly organized outdoor programs, and in some cities special day camp programs are offered which are designed to duplicate as far as possible regular camping activities, except the group living experience which regular overnight camping alone can provide.

One of the most successful programs of the Durham, North Carolina, Committee on Successful Aging, composed of the Department of Public Recreation, Y.W.C.A., the Altrusa Club, and the American Association of University Women, was a series of three days of camping as a part of the regular summer day camp program operated by the Department of Recreation. The program was given splendid preliminary publicity by the newspapers, radio, and church bulletins. Direct invitations were sent to a special list. Provisions were made for registration at the Y.W.C.A. in person or by telephone at stated times on designated days. Transportation was provided by the Red Cross, Y.W.C.A., Y.M.C.A., and members of the Committee. A small voluntary registration fee was set for those who were able to pay it and wished to do so. Expenses above registration fees were met by the Committee. The group assembled each morning at the day camp site of the Recreation Department in a city park, where they were registered and served with a fruit drink.

Handcraft tables were presided over by craft leaders supplied by the agencies and a game table was set up. A small group preferred to take this opportunity to visit and stroll around the park area. At twelve-thirty a well-balanced hot lunch, prepared by the day camp dietitian and her staff, was served under the trees. This was followed by an informal



nature talk by a specialist from the Children's Museum, who brought one of his animals to each of the three sessions. These nature talks provided a basis for the exchange of past experiences and amusing stories in the field of nature.

Hobbyists were invited to bring with them articles for display and these were shown with the articles made at the camp. One afternoon there was a short period of square dancing, with one of the members of the group doing the calling and three others providing string music. Each day was brought to a close by the singing of favorite songs of past years, to the accompaniment of a portable organ played by one of the older people. A newspaper photographer took pictures of the various activities, and the old people were delighted when they saw them published in the paper.

The Durham program brought pleasure to about a hundred and fifty people whose only complaint was that the period was not longer. It also provided an effective demonstration of community co-operation by public and private agencies.

The Oakland, California, Recreation Department operated two Senior Citizens' Day Camps, each for a five-day period in successive weeks in August. The camps were located in a sheltered picnic area at Lake Temescal with level lawns, trees, tables, barbecue pits, clubhouse, and dressing rooms. The program included short walks, archery, crafts, croquet, horseshoes, bicycling, boating, fishing, games, nature talks, and one campfire supper and program each period.

The registration cost of \$3.00 for five days included hot lunches and bus transportation both ways from four pickup places in the city. Participants were asked to wear low heels for comfort and warned that a sweater or coat was a "must." Slacks were approved and flashlights, camera, fish poles, blanket, pillow, and smock for crafts were suggested as usable. Registrations were accepted at two Recreation Department centers.

Overnight camping supplemented by day camping has much to offer in community services for older people. However, it will not achieve its full potential except as it is built upon, or rather built into, the over-all program. The successful leader will be alert to interpret the pleasures of camping

to the members of his group and to discover signs of individual interest in it, just as he takes advantage of every opportunity to develop interest and participation in other special activities such as music, drama, arts and crafts, and service projects.

“Conditioning” for camping can well be a part of the leader’s responsibility during the late winter and spring months. A genuine enthusiasm can be generated. It would be tragic not to take advantage of the challenging opportunities the camping program offers.

# 6

## PROGRAM ACTIVITIES: ARTS AND CRAFTS

Arts and crafts are of special value to the leader of old age groups, as they offer an unlimited range of activities for creative expression, individual achievement, ego satisfaction, social relationships, and service to others. Conference after conference on the aging reaffirms their value and nearly all leaders of groups interest themselves in this phase of the program, but with varying success. In some communities exceptional progress has been made in enriching the program through arts and crafts; in others this phase of the program is fair, poor, or nonexistent. Why?

The art program is particularly undeveloped in terms of painting, sketching, sculpture, clay modeling. Is it because we expect too much? Do we expect every individual to be interested in these activities? Do we expect any who do display interest to be geniuses? Are we more concerned with discovering another Grandma Moses than with helping to interest as many as possible in the thrill and satisfaction that come in the very effort to express the understanding of beauty within themselves in ways that are within the scope of their talents? Possibly the greatest channel for art expression is in bringing understanding of beauty and design into other activities such as dressmaking, weaving, ceramics.

Craft activities in current programs, with a few exceptions, follow utilitarian lines rather than creative use of the hands for beauty alone. The creation of the beautiful is its own justification, but the older adults have not generally developed this talent. We must encourage and help to the utmost those who do have it, but we cannot at the same time neglect the many more beauty-hungry but untrained individuals who can first be interested in beauty through bringing it to these utilitarian activities.

Helping to develop understanding and appreciation of good design and color harmonies, even in such simple projects as pot holders, should not be neglected. Classes in dressmaking

and sewing can help to bring greater pride and satisfaction when the final products show increasing progress in the achievement of beauty.

Many older people are already skilled in such crafts as knitting, weaving, crocheting, metalwork, or woodwork. Handiwork has been their way of life, particularly in the case of the foreign born, who bring a rich heritage to this field. Existing skills and interests may be dormant in some but experience indicates that when not barred by physical handicaps, they can quite readily be reactivated.

Older adults can learn new skills, even those which are not allied to existing skills. They are reluctant to try to learn them because they are frequently sensitive and fear the failure, sarcasm, and frustration that is too often the stereotyped remembrance of "school." Older people, as others, can progress from the simple to the more difficult skills when the leader is wise and offers his members activities in which they periodically can achieve success, and avenues of progress along which each can move according to his interests and his talents.

### **Craft Leadership**

Leadership skill will be the deciding factor as to whether the arts and crafts program will be a broad one with rich rewards to the participants or merely a superficial time-passing period where the usual simple articles are made over and over again. It is true that the "utilitarian" rather than the "beauty" motivation is behind most current craft participation of older people, and the leader should understand this and build on it. The usefulness of the product is primary to the individual, and possibly to the project also, but this is not the whole goal; beauty of form, design, and color must be added for complete fulfillment.

There are a few principles of leadership which, if followed, will contribute to a successful craft program:

Give the older people confidence in themselves and their ability to do things.

Have them participate with others of same general skill level, particularly in learning new crafts.



Interest them in modern crafts to supplement old stand-bys such as crocheting, tatting, sewing.

Encourage the best in modern as well as old design and styling.

Maintain high standards of workmanship and design. Older adults can do fine work.

Integrate arts and crafts into other phases of the program.

The types of crafts offered in starting a new program should be based on the interests of the group. Present experience is that the following have general popularity with older adults and might be discussed with them as possible activities with which to start:

Weaving	Knitting
Rug Making	Papercraft
Sewing	Lamp Making
Pottery	Stenciling
Plastics	Painting
Woodwork	Textile Printing
Leathercraft	Braiding and Knotting
Metalcraft	Wood Carving

Most older people do not see as well as when they were younger. Even those who do or those who have corrected this difficulty by the use of proper glasses tire more easily when working under eyestrain. For this reason, with exceptions of course, crafts for older people should not be of intricate or fine detail in workmanship. For men, wood carving is good because it is "massive" and does not strain the eyes. Weaving and rug making would likewise be good for women. In like manner, pottery, woodwork, plastics, painting, and modeling would be good. Jewelry, delicate embroidery, leatherwork, and stenciling would be more tiring because of eyestrain. The physical strength of the older person should be considered. Heavy metalwork and woodwork and other crafts where considerable physical strength is needed would not be wise to introduce to older people as a new activity.

The leader must also take into consideration that the older person has slowed down in his muscular co-ordination.

Therefore, crafts that can be done slowly should be given preference, and not those crafts that have to be quickly taken from one step to another. Some types of glazing, casting, enameling, and so forth, take fast muscular co-ordination to gain successful results. These crafts should not be part of the older folks' program.

Interest can frequently be developed informally by having members help with decorations and costumes for parties or make a table or kitchen cabinet for the meeting room, rather than by first attempting to organize special groups. The experience of the director of the Chinatown Golden Age Center of New York illustrates the value of the informal approach to enlisting craft participation. During the first three months of operation the Chinese men would take no interest in any activity. They just sat, and the director was told that old Chinese men do not do anything but always just sit! The director herself started to make small craft objects, such as clay models and vases, for her own amusement. Soon the men became interested and joined her. Today the center has four craft instructors. An exhibition and sale of handicrafts has been held, including such articles as lamps and shades, ceramic dragons, tiles and paintings.

In enlisting individuals in craft activities it is important to introduce them into groups where their skill levels will enable them to maintain the rate of progress of the group. To "overmatch" them will cause discouragement, withdrawal, and reluctance to participate in other activities. Where this does happen in spite of precautions, the individuals who have had difficulty should be encouraged to go in heavily for those activities in which they are known to have ability—until such time as the damage to their pride has healed.

This is particularly important when the older person is enrolled in a general craft class with other ages in a school, recreation center, or other community agency. Where there are enough members in the older group itself to justify a special part-time instructor for them, this danger is not so great, and it can be further minimized by keeping the group small, not over ten or fifteen, and the instruction on an individual rather than group basis.

Leadership in crafts must, as in all other activities, have the interest in old people and the other qualities discussed previously under leadership as well as technical competence, if the program is not to fail or be an indifferent one. Leaders between thirty and forty years of age have been found satisfactory for old age crafts leadership. There are a few adults of sixty to seventy-five in nearly every city, in or out of the program, who are at the height of their skill at that age and who should be used if they will make their services available.

Where possible, men and women should be brought together in the same groups. There are necessary and desirable exceptions, of course, but every advantage should be taken in the crafts program of the desire for sociability and mingling of the sexes which is so important to this age group. On the whole it is considered better to have older people in separate groups from the younger age groups, although they are frequently brought together with fine results, particularly where members of all ages have the same comparable skills.

Regular days and hours of the day should be set aside for crafts, to promote regularity of attendance and sustained interest. The craft period should be about two hours a day.

The financial limitations of the participants and the budgetary restrictions of sponsoring agencies often require the use of scrap and other free or inexpensive materials. However, special efforts should be made to secure contributions for at least a limited amount of the best materials—for use as skills improve and when the product justifies the use of the better quality of material. Improved skills and increased appreciation of beauty in the product merit better materials to work with. Without them the interest of the talented will be difficult to sustain. Some of the income from sales of craft articles is often used to make good materials available.

### **Craft Rooms and Equipment**

Arts and crafts activities are best conducted in special rooms and not in a general club room with other activities going on at the same time. (An exception to this is the occasional craft class in a corner of a general activities room,

designed to attract the attention of the members and increase the membership of the class.) Old age groups having the exclusive use of special center buildings, or of special rooms set aside for them in general-use buildings, can usually meet the problem of space. Smaller groups with the use only once or twice a week of meeting rooms made available to them by churches, veterans' organizations, civic groups, and other public and private agencies face a real space problem so far as craft activities are concerned, except for those activities which may involve the whole group periodically, such as sewing bees and toy repair projects.

These groups should explore the possible use of school sewing rooms and craft shops, or craft rooms of settlements, Y.M.C.A., Y.W.C.A., and public recreation agencies, during periods when they are not needed for the regular agency programs. These small groups also should take advantage of every opportunity to place their members in various appropriate craft classes conducted by the types of agencies just referred to. They may have too few members interested in any one craft to form a separate group but can meet their needs through this type of placement. The leader should have at his fingertips knowledge of all community resources and take advantage of them.

Where space is available for a general craft shop for the exclusive use of older adults, proper equipment and tools should be provided. Desirable stationary equipment would include the following:

Wall benches	Sink
Cupboards	Rack
Tool board	Blackboard
Drop lights	Bulletin board
Ceiling lights	Coat and hat rack
Wall plugs	Exhibition and storage space (if space permits)

Movable equipment includes leader's table (3' x 5'), worktables (3' x 7'), and individual chairs.



## Craft Tools and Supplies

Hand tools are recommended over power tools for the craft program, not only because of safety factors but also because of their greater recreational value. If we were interested in a vocational training program, power tools and assembly line methods would be appropriate. But since recreation is our primary objective, the type of tools best suited to recreational objectives should be used. Those are hand tools, which help us to improve our muscular co-ordination and become more skillful with our hands. The following are recommended for a general craft group of fifteen and for certain crafts requiring special tools and supplies:

### *General Crafts*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 12 Hammers                        | 4 Files (medium tooth—flat)     |
| 1 Crosscut Saw                    | 2 Files (medium tooth—rat-tail) |
| 1 Ripsaw                          | 3 Ice Picks                     |
| 12 Coping Saws                    | 12 Large Water Color Brushes    |
| 2 Hacksaws                        | 12 Small Water Color Brushes    |
| 1 Hand Drill                      | 3 Varnish Brushes, 2"           |
| 2 Screwdrivers                    | 3 Varnish Brushes, 1"           |
| 2 Chisels                         | 6 Knives                        |
| 3 Mallets                         | 1 Large Plane                   |
| 12 Rulers                         | 1 Block Plane                   |
| 12 Scissors                       | 12 Pens (small)                 |
| 12 Bench Pins                     | 12 Pens (large—deep)            |
| 12 C-Clamps                       | 1 Large Metal Square            |
| 1 Vise                            | 2 Small Metal Squares           |
| 3 Tin Snips                       | 3 Paper Punches                 |
| 3 Pliers (long-nosed, pointed)    | 1 Hot Plate (2-burner)          |
| 6 Files (medium tooth—half round) | 12 Pencils                      |
|                                   | 1 Compass                       |

### *Metalwork*

- |                             |                                  |
|-----------------------------|----------------------------------|
| 12 Medium Size Tin Snips    | 2 Soldering Sets                 |
| 1 Package Medium Steel Wool | 1 Gross Rivets                   |
| 12 Ball Peen Hammers        | 1 Spool Fine, Flexible Iron Wire |
| 12 Rulers                   | 12 Metal Punchers                |

### *Copper and Pewter Hollow Ware*

- |                       |                              |
|-----------------------|------------------------------|
| 12 Planishing Hammers | 12 Vises (bench)             |
| 12 Raising Hammers    | 12 Flat Files (medium tooth) |

- |                                                                                                                                                                                                                                                       |                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>12 Heads (doorknob, goose-neck, heel)</li> <li>3 Pairs of Tin Snips</li> <li>1 Package #0000 Steel Wool</li> <li>1 Annealing Set (blow torch, iron stand and screen, sheet metal shield, iron wire)</li> </ul> | <ul style="list-style-type: none"> <li>12 Round Files (medium tooth)</li> <li>1 Motor and Buffing Outfit (buffing wheels and compounds)</li> <li>Strong, Sturdy Work Bench</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Jewelry*

- |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>12 Jeweler's Saws</li> <li>1 Gross Jewelry Saw Blades</li> <li>3 Hand Drills and Drill Points</li> <li>12 Needle Files, Round</li> <li>12 Needle Files, Flat</li> <li>1 Motor and Buffing Outfit (felt and cloth wheels)</li> </ul> | <ul style="list-style-type: none"> <li>12 Needle Files, ½ Round</li> <li>12 Bench Pins</li> <li>12 C-Clamps (small)</li> <li>12 Jewelry Soldering Sets (torch, flux, iron wire, solder, charcoal blades, tweezers)</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Leather (Materials)*

- |                                                                                                           |                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>1 Calf Skin, Steer Hide</li> <li>1 Gross Snap Fasteners</li> </ul> | <ul style="list-style-type: none"> <li>6 Spools leather or plastic, Lacing (brown, 2 spools; black, 1 spool; red, 1 spool; green, 1 spool; white, 1 spool)</li> </ul> |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Leather (Tools)*

- |                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>1 Heavy Plate Glass or Marble Slab (12"x18")</li> <li>1 Large Steel Square</li> <li>6 Mallets</li> <li>6 Rocker Blade Knives</li> <li>3 Leather Punches</li> <li>2 Soft Pine Boards for Cutting Leather (18"x24")</li> <li>3 Edge Bevelers</li> <li>3 Edge Creasers</li> <li>6 Awls</li> </ul> | <ul style="list-style-type: none"> <li>12 Modeling Tools (spoon and deerfoot ends)</li> <li>12 Tracers</li> <li>12 Swivel Cutters (for leather carving only)</li> <li>12 Bar Grounders</li> <li>12 Smooth Tap-Bevelers</li> <li>12 Pear Shaders (plain)</li> <li>3 Veiners</li> <li>3 Shells</li> <li>3 Seeders</li> <li>3 Medium Size Hammers</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Plastics*

- |                                                                                                                                                                                                                           |                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>¾" Thick Plastic Sheets Best for All-Round Work</li> <li>6 Hack Saws</li> <li>6 Files (½ round, medium tooth, 8")</li> <li>50 Sheets #00 Sandpaper</li> <li>6 Ice Picks</li> </ul> | <ul style="list-style-type: none"> <li>3 Hammers</li> <li>Assortment of Nails and Finishing Nails</li> <li>6" or 7" Wide Soft Pine Boards 1" thick—25 feet</li> <li>2" x 4" Soft Pine—6 feet</li> <li>1 Pint Ethylene Dichloride</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

- 12 Rulers
- 12 Punches
- 2 Hot Plates and Portable Ovens
- 6 Pairs of Cotton Gloves
- 3 Saws (2 crosscut and 1 rip)
- 6 Coping Saws
- 2 Hand Drills
- 6 Jars ( $\frac{1}{2}$  pint size) Plastic Dye (red, yellow, green, blue, purple, orange)
- 6 Large Deep Pans
- 2 Large Mixing Spoons

### *Stenciling on Wood and Metal* (Supplies)

- Wood and Metal Boxes and Containers of Various Sizes and Shapes
- 1 Quart of Red Sand Primer
- 1 Quart of Flat Black
- 1 Package of Soilax
- 1 Can Renuzit
- 1 Quart Clear Varnish
- 1 Package #0000 Steel Wool
- 25 Sheets of Fine Wet Sandpaper
- A Quantity of Old Nylon Stockings
- 3 Pairs of Scissors
- 2 Square Yards of Architect's Tracing Cloth
- 12 Rulers
- 12 Pencils, 2H
- 1 Ream Drawing Paper
- 12 X-Acto Knives
- 2 Packages of Razor Blades (Gem, one-edge type)
- 6 12" x 18" Hard Wood Boards
- 1 Large Roll Scotch Tape
- 6 Drawing Boards
- 6 T-Squares
- 6 45-Degree Triangles
- 6 1" Camel Hair Brushes
- 6 1" Varnish Brushes
- 6 Large Water Color Brushes
- 1 Quart of Turpentine
- 1 Square Foot of Velour for Each Student
- 1 Square Foot of Satin Cloth for Each Student
- 1 Oz. Venus 195-Multi-Leaf Aluminum
- 1 Oz. Venus 75-Platinum Silver Finish
- 1 Oz. Puritan 175-Pale Gold Lining
- 1 Oz. Puritan 325-Rich Gold Lining
- 1 Oz. Venus 26-Extra Brilliant Fire
- 1 Oz. Venus 44-Natural Copper
- 6 Small Tubes Oil Color (Alizarin Crimson, Prussian Blue, Burnt Sienna, Raw Sienna, Yellow Lake, Titanium White)
- 1 Large Roll of Masking Tape
- 2 Large Dust-Proof Containers

### *Block Printing*

- 12 Pencils—6H, 2B
- 12 Ball Point Pens and Pen Holders
- 6 Bottles of India Ink
- 6 Kneaded Erasers
- 5 Poster Colors (Tempera Color) 1 qt. size—Red, Yellow, Blue, Black, White
- Quantity of Small Jars for Storing Ink
- 12 Sets Speedball Linoleum Gauges
- 6 Rubber Mallets
- 6 Rubber Brayers
- 24 Sheets #00 Sandpaper
- 5 Large Tubes Printers' Ink, or Block Printers' Ink

12 Water Color Brushes, #2	6 Palette Knives
12 Water Color Brushes, #4	1 Gallon of Turpentine
3 Compasses	1 Gallon Distilled White Vinegar
12 Rulers	6 Slabs (Plywood or Glass) for Palettes
1 Small 2-Grit Carborundum Stone	1 Large Roll of Paper Towels
1 Small Arkansas Stone	1 Quart of Linseed Oil
1 Roll Scotch Tape	25 Square Feet Battleship Linoleum
12 X-Acto Knives	25 Square Feet Plywood
6 45-Degree 8" Triangles	1 Quart of Liquid Glue
2 T-Squares	Electric Iron and Ironing Board
2 Glue Brushes	Large Solid Table for Printing
60 Sheets of Tracing Paper	Old Blanket to Pad Table
12 Pads of White Paper	3 Yardsticks
Large Bundle of Newspapers and Rags	1 Box Talcum to Dust Brayers
6 Bottles of Liquid White Shoe Polish	

Craft activity in the group may often be supplemented to good advantage by work at home. It should be promoted on an individual basis, as the health, interest, and available free time vary and will determine how much, if any, homework is desirable. In the beginning, all work should be with the group under guidance of the leader. Later, as interest increases and skill is improved, arts and crafts projects could be finished at home and new ones might even be started. The leader should arrange to visit the worker at home from time to time, possibly once a month, to help in sustaining interest and improving skills. Where this is not possible, the worker should bring his project to the center as he needs advice. However, home crafts should be secondary to and supplement group activity, not replace it. The sociability and group relationships are important and should not be undermined.

## Craft Sales

A number of groups are interested in the sale of products of their arts and craft groups through local gift shops, women's exchanges, donated counters at department stores, arts and craft shops, hobby shows, and their own special sales. Receipts are used to meet cost of materials, handling, and to provide



supplementary income for the makers. Paterson, New Jersey, has a craft membership of sixty, and has taken in as much as \$1,000 from the sale of articles made by the group. The money goes to the makers of the articles, with the exception of a small percentage which goes to the club for the purchase of materials, equipment, and supplies.

The Wagon Wheel of Syracuse has established a retail outlet known as The Horse-Shoe, which provides an opportunity for all older citizens of the community, not just the members of The Wagon Wheel, to offer for sale articles which they have made. Many members of The Wagon Wheel have had an opportunity to increase their income through The Horse-Shoe. The Wagon Wheel craft program also was responsible in a large measure for a "Cash for Christmas" Clinic, conducted by the Women's Council of the New York State Department of Commerce and sponsored by several local groups. The Clinic was designed to encourage people over fifty in the making and marketing of salable articles.

The Sirovich Day Center of New York City, with a membership of seven hundred older men and women, celebrated its third anniversary by staging a fair for the sale of arts and crafts and other products made by the members. Paintings, ceramics, toys, and clothing were among the articles sold, with one-third of the sale price going to the individual and two-thirds to the Center. As a part of the entertainment program, the members of the group put on an original dramatic piece depicting the changes in a lonely person after joining the Center. The glee club and symphony orchestra also participated, and one member performed the vigorous Russian czardas dance.

These are merely examples of what several communities are doing. However, certain considerations should be kept in mind in planning and conducting the sale of arts and crafts products. The craft program is primarily a recreation program with special creative and social values. It also makes possible many service projects. It would be unfortunate if the main objective of the program should be to provide supplementary income. This is desirable and should have its proper place, but it is most important not to neglect the many who participate for the fun and sociability of it, for creative expression,

and for the opportunity to make things for themselves, their friends, and their contemporaries confined in hospitals, in other institutions, or at home. They often have neither the interest in nor the skill for making articles for the open market and would soon drop out of a commercialized program.

Initiation of a sales program should not come too early in craft activity. Emphasis first should be placed on making articles for the use of the members themselves, for personal gifts to their friends, for the group and its meeting rooms, and for group giving to the needy. As the program progresses, the leader will be able to determine the skills of the members of the groups and the potentialities for making articles of salable quality.

Only products worthy of the market should be accepted for sale. It would be indefensible to try to sell inferior articles on the basis of sentiment. The damage to the older people would be irreparable and the sales would not hold up except as the charity aspects were increasingly ballyhooed—and the older people do not want anything that smacks of charity. They are sensitive too about comparative abilities, and individuals or juries selecting articles for sale must exercise the greatest caution and tact in handling this problem.

On the other hand, capable leadership can teach nearly any person, with no physical defects which would make it impossible, to do good work and to make articles of merit which are worthy of being put on sale. It is only as such leadership is available and is producing good results that a selling program should be initiated.

## **7 PROGRAM ACTIVITIES: HOBBIES, HOBBY SHOWS**

Leisure is not an activity—it is the opportunity for activity, good or bad, and the manner in which we use our leisure time will determine to a great extent the richness, the sterility, even the negative quality of our living. It is in our leisure that most of us must find those activities and experiences which for us bring the fullness of life to which we all aspire. It is through our leisure-time activities also that we can achieve that personal adjustment to the society in which we live that is so essential to mental health and emotional stability. And hobbies play a major role in rich, leisure-time experiences at all age levels. They have a special value for the aged with their greatly increased free time.

In reviewing the contribution which hobbies can make to the well-rounded recreational life of older adults, they should be considered in their broadest aspects, not limited to such activities as craft projects and exhibits or hobby shows. Dr. William C. Menninger has described a hobby as an activity in which the participant finds more enjoyment and satisfaction in the activity itself than in most other types of activity. This basic understanding of a hobby is important to the leader of the older adult groups. To think of certain specified activities as outside the hobby field, whatever the motivation is for participation in them, is an erroneous and limited conception and one which handicaps the leader in helping his group to achieve the fullest participation in and enjoyment of hobby interests.

Hobbies are not a distinct category in the field of leisure-time activities. They include hundreds of activities that cut across all the accepted categories such as arts and crafts, collecting, photography, educational and service projects, sports and games, music, drama, and spectator activities. The first responsibility of the leader is to discover genuine existing hobby interests, to interest the older people in new hobbies where desirable, and to use every resource of the community to serve the hobby interests of his group. He cannot directly pro-

vide all the activities called for. He can serve many of the more common hobby interests but will need to call on other agencies and groups to co-operate with him in satisfying others, such as the schools, colleges, churches, public recreation departments, voluntary agencies, garden clubs, private hobby groups like photography clubs and stamp clubs, and the many other similar organizations and groups. His task is far beyond that of providing what activities he or his agency can with its own resources. It is the difficult but challenging and rewarding one of planting the seed of happy, fruitful living, cultivating it, and finding in his community the resources to nourish it and to bring it to full flower.

The enthusiastic amateur craftsman, artist, collector, poet, musician, actor, magician, dancer—all can be encouraged through participation in group programs and in appearances on the radio or TV and before other local groups where talent merits it. They can all be included in the annual hobby show or other special exhibits and affairs. The individual whose hobby is volunteer service can be related to those opportunities within and outside the group for which he is fitted and which bring him the greatest satisfaction. The chess and checker enthusiasts are easily interested in anything related to their games.

The possibilities in building service or hobby interests are limitless, and the leader who exploits these possibilities will find his program problem much easier to solve successfully. Most hobbyists are enthusiasts and this enthusiasm might well be used by the leader to develop hobby interests in others, and in some cases to provide leadership for hobby groups.

## **Hobby Shows**

Most hobbyists crave recognition for their achievements. The hunter and the fisherman want to have their pictures taken with kill or catch and to exhibit their skill in mounted trophies over the living room fireplace. The dancer, the actor, the musician, the singer, all want to perform before an appreciative audience. The craftsman and the artist wish to show the products of their skill, and the collector wants to exhibit his treas-



ures and often to tell the story behind his collection. Leaders of old age programs have recognized this and have taken advantage of it to build interest and participation through hobby shows and other types of public exhibits.

A number of our larger cities, with their many resources and large populations of older people to draw upon, have successfully staged community-wide hobby shows which have played a significant part in the leisure-time services for the aging. The objectives of such shows are briefly summarized as follows in the announcement by the Welfare and Health Council of New York City of its Seventh Annual Hobby Show for Older Persons (1953):

To give older men and women a chance to show and share their interests and hobbies—and have a good time doing it.

To demonstrate how wide and how varied are the creative interests of older people.

To help improve agency programs, stimulate inter-agency co-operation and awaken public interest in the creative potentialities of older persons.

The New York City Show has had seven years of consistent growth in agency participation, number of entrants, attendance, and coverage by press, radio, and television. Comparable success in other cities testifies to the value of hobby shows and the important part they can play in the lives of older people. They give exhibitors a new lease on life, enlist many new recruits, and attract broad community support to the total program.

Smaller communities have also been successful in the promotion of shows adapted to their needs and resources. These shows are just as great a program asset to them as to the larger cities. Montclair, New Jersey, as a result of its experience in participating in the New York Show, recognized the latent ability in its own group and successfully conducted its own local shows. Other smaller communities can boast similar success. The following suggestions for organizing and running a hobby show are made with the realization that they cannot be used in full by any community. It is hoped that they will

serve as a useful check list for those interested in promoting a show. Each community will have to select and adapt different ideas according to the type and size of the project appropriate to its own needs and resources.

The individual or agency interested in initiating a hobby show project should first interest as broad a community base as possible to sponsor the project and to participate actively in its implementation, to insure its full success. In New York, the Welfare and Health Council, itself broadly representative of the community, sponsors the show; in Chicago, the Welfare Council was joined in sponsorship by the Catholic Charity Bureau, Federation of Settlements and Neighborhood Houses, Chicago Park District, Recreation Commission, Jewish Federation, and Lutheran Charities.

In Washington, two older adults who had participated in the New York Show were tireless in urging the District of Columbia Recreation Department to initiate a similar project. The Department first enlisted the co-operation of the United Community Services, and they jointly invited organizations responsible for or interested in services for the aged to join with them in organizing a Planning Committee. Organizations responding included Citizens' Federations, Women's Clubs, Business and Professional Women's Clubs, Board of Trade, State Societies, Federation of Churches, Catholic Welfare, Public Library, Adult Education Associations, Y.M.C.A., and Y.W.C.A.

The Grandma Moses Festival of Syracuse was sponsored by the Council on the Aging of the Council of Social Agencies and the Museum of Fine Arts. The Festival Committee was composed of representatives of a number of groups and organizations interested in the program for the aging and included Corinthian Foundation, Municipal Recreation Commission, Salvation Army, Adult Education, Volunteer Center, and the Huntington Neighborhood Association.

There are always individuals and groups in the community, however small, who can be interested in a project as appealing as this one. They should all have the opportunity to contribute to it.

## Hobby Show Organization

The general committee, whatever its name and composition, should appoint subcommittees to take responsibility for specific phases of the project. The number of committees and the number of members on them will depend on the size of the project. The following committee suggestions are based on extensive hobby show organization. For smaller shows, the duties of several can be combined to obviate over-organization.

*General Committee:* Over-all responsibility for planning, supervising, and co-ordinating work of subcommittees.

*Finance Committee:* Responsibility for recommending financial policy; for securing necessary financial backing; for handling all moneys.

*Publicity Committee:* Enlist co-operation of press, radio, and television; provide speakers for all local clubs and organizations whose interest and support is desirable; call and telephone key individuals; arrange for window displays, etc.; secure space in local merchants' newspaper ads; prepare copy for papers and set up radio and TV spots for publicity prior to and during the show.

*Volunteers:* Recruit, brief, assign, and supervise volunteers.

*Location and Equipment:* Secure adequate space conveniently located for show without cost or at lowest nominal rate; prepare floor plan of exhibit space, etc.; obtain display stands, showcases, tables, chairs, bunting, cellophane, nails, thumb-tacks, and similar materials, lights, public address system.

*Exhibits:* Accept and catalogue entries; arrange exhibit groupings; allot space to exhibitors; prepare inventory of all equipment and materials needed for the Location and Equipment Committee; prepare signs and tags; prepare and distribute entry blanks, determine classification of exhibits; supervise removal of exhibits.

*Live Exhibit Committee:* Arrange space, provide tables and other facilities needed by demonstrators; select demonstrators;

arrange time schedule for demonstrations; help participant groups to get materials and special equipment to show and to assemble it; provide Publicity Committee with interesting material about demonstrators; get demonstrators to start and finish on time; help them pack material and equipment and get it home.

*Decorating Committee:* Plan over-all decorative scheme for show; provide and put up decorations; supervise decoration of individual areas.

*Hospitality Committee:* Determine refreshments to be provided and arrange for them; organize hostess corps; record attendance; maintain information center and messenger service; guide groups to their assigned locations.

*Transportation:* Provide necessary transportation for distinguished guests, guest entertainers, and when necessary for handicapped exhibitors.

*Judging:* Organize corps of judges familiar with different hobbies; provide awards and arrange their presentation.

*Entertainment Program:* Plan programs for hobby demonstrations and for entertainment features; audition or otherwise screen entertainment applicants, provide music, necessary stage hands; arrange with Location and Equipment Committee for special lighting needed.

*Clean-Up:* Responsibility for seeing that exhibits are removed promptly and that exhibit hall is left in proper condition.

The first task of the General Committee is to decide on the scope of the show, types of exhibits, and eligibility rules. Careful estimates should be made of probable participation and attendance, based on the collective judgment of the Committee and the knowledge of its members of the public interest on which the show can draw. As with all other activities, it is better to start modestly with careful planning so that an initial success may be achieved which will assure a steady growth in interest and participation each succeeding year.

A time for holding the show should be set when there is



likely to be the least conflict in dates with other attractions which will appeal to the same audience on which the show must rely. Sometimes the hobby show can be tied up with another local activity, to the advantage of both. The Grandma Moses Festival of Syracuse was suggested by the holding of an exhibit of thirty-five original Grandma Moses' paintings during the month of May. Plans were worked out in co-operation with the Museum of Fine Arts to open the show with the three-day festival.

It should be decided how many days the show will run and a definite timetable should be worked out for all preliminaries to the main event, including such items as the time of the first public announcement, closing of entries, acceptance of entries at the show. Each subcommittee should have its own timetable co-ordinated with the others so that everything will be accomplished on time and in complete harmony with the work of others.

New York City starts work on its May show by November of the previous year, which illustrates the need for allowing ample time for carrying out the many detailed tasks involved. Smaller shows, of course, would require much less time, but care should be taken not to operate on too tight a schedule. It is wise to allow more time than at first appears to be necessary.

The committee charged with securing a place should strive to find a location centrally located and conveniently reached by public transportation. It is wise to try to secure a place which will take care of the expected crowd and exhibitors and provide ample space for the activities program. Too large a hall should be avoided as the show would "rattle around" in it and not give that atmosphere of success which is so important to the future of the project. It is probably better to underestimate the space needed than to be overoptimistic. If necessary, exhibits can be restricted and attendance controlled if they threaten to exceed the capacity of the place selected. Adequate space and seating should be allowed for resting and visiting.

## Scope of the Hobby Show

The scope of the show, the determination of the exhibit classes, eligibility rules, and registration procedures should be worked out in careful detail and adhered to throughout. The following somewhat extensive outline for exhibits will not be applicable to many, if any, shows, particularly small ones, but it will serve to remind the committee of the different types of exhibits which should be considered:

### *Class I. Albums, Scrapbooks*

- Sec. A. Albums—Scrapbooks
- Sec. B. Autograph Books
- Sec. C. Miscellaneous

### *Class II. Coins—Silver, Gold, Copper*

- Sec. A. American
- Sec. B. Ancient
- Sec. C. Commemorative
- Sec. D. Currency
- Sec. E. Foreign
- Sec. F. General
- Sec. G. Medals
- Sec. H. Tokens

### *Class III. Miscellaneous Collections*

- Sec. A. Animals, Toy and Miniature
- Sec. B. Art
- Sec. C. Books and Documents
- Sec. D. Cars
- Sec. E. Dolls
- Sec. F. Match Books
- Sec. G. Pennants
- Sec. H. Pipes
- Sec. I. Postcards
- Sec. J. Programs
- Sec. K. Miscellaneous

### *Class IV. Natural History*

- Sec. A. Flowers, Leaves, Plants, Nature, Scrapbook
- Sec. B. Rocks, Minerals, Sea Shells, Fossils
- Sec. C. Taxidermy (Birds or Animals)
- Sec. D. Tropical Fish
- Sec. E. Miscellaneous

*Class V. Relics, Antiques*

- Sec. A. American Civilization. Example: Historical Documents and Papers, Guns, Pistols, Knives, Pictures, Paintings, etc.
- Sec. B. Indian Civilization. Example: Implements, Weapons, Pipes, Wearing Apparel, etc.
- Sec. C. Heirlooms
- Sec. D. Miscellaneous

*Class VI. Stamps and Covers*

- Sec. A. Covers (6 Best U. S. or Foreign)
- Sec. B. Foreign Stamps
- Sec. C. Seals (2 Best Sheets)
- Sec. D. Stamp Albums
- Sec. E. Two Best Blocks or Strips
- Sec. F. U.S. Stamps
- Sec. G. Miscellaneous

Classifications VII through X must be created by the Exhibitor.

*Class VII. Fine Arts*

- Sec. A. Carvings and Sculpture
- Sec. B. Charcoal Drawings
- Sec. C. Etchings
- Sec. D. Modeling
- Sec. E. Oil Painting
- Sec. F. Pastels
- Sec. G. Pencil Drawings
- Sec. H. Textile Paintings
- Sec. I. Water Color Paintings
- Sec. J. Miscellaneous

*Class VIII. Arts and Crafts*

- Sec. A. Needlework: Crocheting; Embroidery; Knitting; Sewing; Miscellaneous
- Sec. B. Rug Making: Braided; Woven; Hooked; Knitted; Miscellaneous
- Sec. C. Quilts: Patchwork; Tufted; Miscellaneous
- Sec. D. Weaving: All Types
- Sec. E. Woodwork: Bird Houses, Bath, Feeding Stations, etc.; Furniture; Musical Instruments; Wooden Toys; Wood Burning; Wall Plaques; Miscellaneous
- Sec. F. Wood Carving: Chip Carving; Relief Carving; Three Dimensional Carving; Miscellaneous
- Sec. G. Plastic: Carving; Molding; Building; Miscellaneous
- Sec. H. Beadwork: Woven; Laced; Miscellaneous

- Sec. I. Textile Printing: Wood Block Printing; Linoleum Block Printing; Felt Printing; Gadget Printing; Miscellaneous
- Sec. J. Book Binding
- Sec. K. Ceramics
- Sec. L. Enameling
- Sec. M. Glass: Blowing; Stain Glass Work
- Sec. N. Jewelry
- Sec. O. Leather: Lacing; Molding; Carving
- Sec. P. Metal: Copper, Pewter; Silver; Aluminum
- Sec. Q. Pottery
- Sec. R. Puppets and Marionettes: Finger; String
- Sec. S. Iron Work
- Sec. T. Stenciling: Cloth; Wood and Metal
- Sec. U. Flower Making: Paper; Wax; Cloth
- Sec. V. Paperwork: Paper Cutting; Papier-Mâché; Paper Tearing; Paper Folding
- Sec. W. Miscellaneous

#### *Class IX. Models*

- Sec. A. Airplanes: Flying Scale—Motor Powered, Rubber Powered; Non-Flying Scale; Non-Scale Flying—Motor Powered, Rubber Powered
- Sec. B. Automobiles
- Sec. C. Model Buildings
- Sec. D. Ships—Sailing and Mechanical: Scale; Working Models; Decorative Models
- Sec. E. Trains: Building or Other Structures; Complete Trains; Locomotives; Rolling Stock; Miscellaneous
- Sec. F. Miscellaneous

#### *Class X. Photography*

- Sec. A. Salon Prints: Black and White (Portraits, Scenes); Color (Portraits, Scenes)
- Sec. B. Snapshots: Albums; Display of Single Subject; General
- Sec. C. Miscellaneous

### **Some Administrative Procedures**

The entertainment and demonstration programs should be planned as far in advance as possible so that the desired variety, balance, and quality can be assured. Agencies working with older people can recommend qualified groups for craft demonstrations, folk or square dancing, instrumental and vocal



numbers, dramatic skits, and other entertainment features. New York City requires applications for entertainment in the same way as it does for exhibits.

The common minimum age limit for exhibitors is sixty years, and anyone living within the community or immediate vicinity is eligible. Individuals who are not members of sponsoring groups are eligible and are urged to participate so that the widest possible representation can be secured. Only in this way can the complete picture of the creative talents of the total old age population be brought to the attention of the public and a full exchange of interest and experiences made possible among the old folks themselves.

Entries are usually accepted from individuals and groups. Where a community repeats a show year after year, it is desirable to require exhibitors to submit new exhibits each year they participate, to insure the necessary variety and progression to sustain the interest of the public and the older people themselves. However, there may be occasional exhibits of such special interest that a "repeat performance" is desirable. The number of articles exhibited by any one person should be limited according to available space and interest in exhibiting. Some shows limit an exhibitor to one article in any general classification, others a total of from one to three for all categories. Foods, perishable articles, live pets, and any other type of exhibit which cannot be easily cared for or displayed to advantage are usually not accepted.

Exhibitors usually are held responsible for the delivery of exhibits on the definite dates set. The articles remain the property of the exhibitors. The management of the show accepts no responsibility for or damage to exhibits but arranges for reasonable care and supervision of them while on the show premises. The general rule is not to permit sales at hobby shows, although there is an occasional exception to this rule.

General admission to the show is free in order to permit attendance by all older adults, some of whom would not be able to attend if an admission charge were made. It is desirable not to make a charge for exhibits. New York does ask agencies entering group exhibits to pay an agency fee.

Forms for handling exhibits and program features should

be worked out carefully in advance. New York has used the following forms<sup>1</sup> for agency exhibits, individual exhibits, and entertainment acts. Agencies are required to fill out one individual blank for each person exhibiting and one covering blank for the agency group as a whole.

### *Agency Blank*

Name of Agency .....  
 Address ..... Phone .....  
 Person in charge of Exhibit .....  
 Total number of Exhibitors .....  
 Total number of Exhibits .....

### *Individual Blank*

Name of Agency .....  
 Name of Individual .....  
 Address ..... Phone .....  
 Age..... Are you handicapped or disabled? .....  
 Number and Type of Exhibits .....  
 Is your Exhibit breakable? .....  
 When did you learn to do this work? .....  
 How old were you when you finished this work? .....  
 Are you self-taught? .....  
 If not, where did you learn? .....  
 Are you entering the Poster Contest? .....  
 Would you be willing to submit your articles for  
 window displays prior to this year's Show?.....  
 To next year's Show? .....  
 Give any interesting facts about yourself and your  
 hobby on the reverse side of this blank.  
**BLANK MUST BE RETURNED NOT LATER**  
**THAN APRIL 14th to:.....**

<sup>1</sup> Forms are reproduced by permission of the Hobby Show Committee of the Welfare and Health Council, New York City.

*Entertainment Blank*

Name (individual or group) .....  
Address ..... Phone .....  
Age .....

*Acts*

Singing ..... Impersonations .....  
Dancing ..... Recitations .....  
Musical Recital ..... Skit .....  
Rhythm Band ..... Other .....  
Number of Performers Participating .....  
Names ..... Parts Played .....  
.....  
.....  
.....

Titles of Songs, Recitations, etc. ....  
.....  
.....  
.....

Own Accompanist: Yes..... No.....

Name .....

What props or furniture do you need? .....  
.....

What props will you bring? .....

Length of Time Act will take .....

Acts placed on Auditorium Program limited to  
10 minutes; Education Hall Acts may be longer.

Are you an independent performer, or affiliated  
with an agency? .....

Name of Agency .....

Use other side of blank for detailed information. We  
need to know as much as possible about you and  
your Act for the printed program and for the use  
of your Master of Ceremonies.

See you in May!

NOTE: THIS APPLICATION MUST BE RE-  
TURNED NOT LATER THAN MARCH 15th  
to: .....

It is usually necessary also to prepare form acknowledgments of applications, which would include a statement of acceptance or rejection. Where an application is rejected, the reason should be stated as tactfully as possible. If accepted, the notice should give specific instructions to the exhibitor as to where and when to deliver his exhibit, what his responsibilities are during the show, when to remove his material, and any other information and rules which would help him co-operate fully with the committee. Registration cards are necessary for the records and for advance planning of layout space. Uniform display cards are desirable on which adequate information about exhibit and exhibitor can be given.

The doors should be open to the public afternoons and evenings and possibly late mornings. The District of Columbia show is open from 10 A.M. to 10 P.M. Special programs are usually staged in the evenings when they can be enjoyed by the general community which cannot attend during the day in large numbers. However, live demonstrations of skills by the older adults themselves can be conducted during the afternoons as well as the preliminaries in contests being conducted, such as those for rhythm bands, one-act plays, and choral singing.

Programs and demonstrations are usually put on by the older adults themselves. However, other features have been used to advantage, such as movies, community singing, and special speakers on topics of interest to the old age group. Movies of older people participating in leisure activities such as camping, picnics, and birthday ceremonies are usually of interest and may serve to stimulate increased participation in those activities. Program items include vocal and instrumental music, rhythm bands, dramatic skits, puppet shows, dances in costume. At Syracuse, general square dancing followed the special entertainments.

Demonstrations of arts, crafts, and folk and square dancing are most effective in stimulating interest and improving skills when accompanied by good instruction and interpretation by the leaders.

Judging exhibits and awarding prizes are delicate problems. Judges should, of course, be competent in their fields,



but they must also be considered unbiased and objective by the exhibitors and their friends. They should be selected so far as possible from sources other than the agencies which have members exhibiting at the show because they might be subject to criticism if they awarded prizes to members of their particular agencies, no matter how fair they are. On the other hand, they might have a tendency to lean over backwards in considering the merits of a member's exhibit, for fear of this type of criticism. Individuals with community-wide prestige would be ideal as their standing would minimize unjustified grumbling at their decisions.

Older people are proud and sensitive, and the matter of awards must be very carefully handled or much harm may be done. Prizes should have little or no intrinsic value; they should be for recognition only, not for gain. As many prizes should be awarded as possible, ribbons being given even for fourth and fifth places or for special merit so that disappointments can be as few as possible. Every exhibitor should have an entry ribbon or something to distinguish him from the general attendance. This will help meet his need for public recognition of his contribution to the show.

Effective publicity before and during the show is a "must." The usual printed announcements and newspaper publicity must be supplemented by special publicity features. Local publicity committees have shown great initiative and creativeness in stimulating the interest of old people in the shows and in enlisting the support of the general public. Feature stories and pictures are collected during the year for use in the pre-show and show periods. TV appearances of competent older individuals and groups have been used very successfully, as well as spot announcements. Colorful posters in store windows and equally colorful bulletin board announcements for agencies, institutions, churches, and other appropriate centers have contributed effectively to the publicity effort. College or high school art students have made these posters in some communities. Older adults are news today, and practically every avenue of public information is available to report their activities.

The experience recorded and the suggestions made here

are based on community-wide shows held mostly in large cities. They are susceptible, however, to successful adaptation and simplification for less ambitious projects. Hobby shows have demonstrated their value to older people and these values can be retained in small places by holding appropriate shows built on broad community interest and support.

Many of the values of the hobby show can be achieved, though perhaps on a lesser scale, by old age groups themselves. Where a joint community enterprise is not possible, individual agency or club shows or exhibits are possible, desirable, and effective. Small exhibits by groups can be displayed at museums, libraries, schools, recreation centers, homes for the aged and other institutions, churches, settlements and other voluntary agencies' buildings, store windows, arts and crafts shops, and donated department store counter space.

Clubs or groups with their own centers might maintain a permanent exhibit case or exhibit shelves where exhibits by members can be displayed, with a change of objects weekly or monthly. Homes for the aged can maintain such permanent exhibit facilities in their living rooms or lounges. The opportunities for the display of hobby interests are almost limitless. Every effort should be made to make the most of them.

# 8

## PROGRAM ACTIVITIES: MUSIC AND DRAMA

Music has a universal appeal. It can play a large part in the recreation program for older people as it has a special value for them. They enjoy making music and listening to it, particularly old music with which they are familiar and which carries with it so many pleasant memories of the past. Also, the social value of music in bringing people together and in cementing group relationships has special importance for the leader of the older adults' program.

Successful music activities for this group range from informal piano playing and group singing to talented choral and instrumental group concerts. Many oldsters enjoy the passive pleasure of listening to music at the club, on records, radio or television, or at formal concerts. The opportunity of hearing favorite songs and compositions means a great deal to the shut-in at home or in an institution. Very few club groups are without some form of music activity, if only the informal type of participation and listening to records and the radio. Singing and instrumental numbers are a part of practically every social program.

As social group singing is so popular, the leader should attempt to find out the favorite songs of the members so that singing periods, whether around the piano or at the birthday party table, can be built around the songs the members like to sing. Hymns, sentimental songs, and old well-known operatic and semiclassical songs seem to be favorites, although interesting variations are preferred in different parts of the country. For example, a group in a small Southern community has published a booklet of favorite songs most of which are favorite hymns. "When You and I Were Young, Maggie," "Silver Threads Among the Gold," and "Love's Old Sweet Song" illustrate the type of secular music most popular with this group.

A Middle Western club likes "Red River Valley," "Dixie," "It's Later Than You Think," and "It Came Upon a Midnight

Clear." A large city in the East includes a wide selection in its collection of fifty songs, among which are "A Hot Time in the Old Town Tonight," "Annie Laurie," "The More We Get Together," "Love's Old Sweet Song," "My Old Kentucky Home," and "Santa Lucia." No hymns are included. The songs of Stephen Foster are generally popular. A leader usually gets a good response also to some of the old familiar rounds.

A club song book is a useful tool for the leader, although he should introduce new songs in the group from time to time to supplement what is necessarily a restricted selection in an inexpensive song sheet or book. Where copyrighted songs are included, even if only the words, it is necessary to secure the permission of the copyright owners before including them in any published collection.

Informal singing provides the leader the opportunity of discovering good projects such as solos, quartets, and organized glee clubs and choral groups. The discovery and development of vocal talent adds greatly to the self-entertainment possibilities of a club and to the contribution which the club can make to other oldsters through entertainments in hospitals, homes, and other institutions for the aged. Competent performers appearing before local clubs and organizations and on radio and television can do much to interpret the talents of older people and popularize the program in the community.

Instrumental music offers similar opportunities, although the potential talent in many groups is not always present in numbers great enough for the larger units such as orchestras. However, many groups will be able to find enough players for chamber music, a dance or square dance orchestra of three or five players, or other small ensembles. For the uninitiated a toy symphony offers an opportunity for simple self-expression and musical growth through rhythmic expression, and for group entertainment.

The popularity of the rhythm band with children is repeated with older adults, though often called a toy symphony. The rhythm band or toy symphony is not just a child's game. It has a good musical genealogy. The first known toy symphony is that of Haydn's, in 1788, for which he composed the "Kindersinfonie." His composition was scored for two vio-



lins, a double bass, and the following seven toy instruments: a "cuckoo" playing two notes, a rattle, drum, whistle, triangle, "quail," and a one-note trumpet. It is still available in music stores.

The modern recreational toy symphony eliminates the violin and bass and the pitch-sounding instruments and relies largely on percussion-type instruments such as the triangles, cymbals, drums, rhythm sticks, wood blocks, bells, and tambourines. These are sometimes supplemented by such articles as castanets, clappers, whistles, rattles, kazoos, and sand blocks. Many pamphlets and articles on toy symphonies are available to the leader, including suggestions for selecting and grouping instruments, how to organize and instruct a group, appropriate selections, and how to make the different instruments at home or in the craft class.

The use of the competitive spirit in stimulating interest in music has been successfully accomplished by music educators through the music memory contest. Such a contest has possibilities for old age groups if compositions are selected from those which should be familiar to most older adults or which they can conveniently hear on the radio or the club record player. The music memory contest can be a simple and interesting project. It involves a period of preparation of from six to twelve weeks during which participants are given an opportunity to hear frequently all the numbers on a selected list of thirty-five to fifty standard compositions. At the end of this period contestants are usually required to identify by name and composer a certain number taken from the original list. The selections on the advance list should be of the type interesting to older people and not too difficult. On the other hand, they should not be too easy. They should have that balance which will include pieces appealing to them and those which will require some listening and learning on their part.

There are many ways to bring happiness in the later years through music. Here, as with all other activities, leadership is the key. An interested and imaginative leader who knows his group and the musical resources of his community has limitless possibilities. Large cities like Cleveland and Kansas City have their Golden Age Choruses. San Francisco has its Glee Club

and Orchestra. Smaller cities like Paterson, New Jersey, Pittsfield, Massachusetts, and Jamestown, New York, also have club orchestras.

### **Starting a Music Program**

How to start the program of organized music and to keep it going successfully are problems which different cities solve differently according to local circumstances, but there must first be the interest to build upon.

The following report received from Mrs. Doris Pierce, Director of the Good Times Club of Lincoln, Nebraska, includes several suggestions from her experience which should be helpful:

To organize special music groups in our program for older people, I have found it necessary to have a definite purpose or need. Our need arose when we started having special programs and parties. As an example, they wished to participate in National Music Week, so after some discussion decided to have their own program. The music they love best is the old-time music that has lived through the ages. They called their program "Ye Olde Tyme Concerte"; enclosed is a copy of that program. The public was invited and they had a very enjoyable afternoon. Their anniversary programs have become annual affairs and very important events for them. The public is invited and the program is followed by a tea. They have furnished entertainment for some outside groups.

Everyone who wishes sings in the chorus and that takes in practically the whole group. Those who are deaf do not participate but go into another room and play games because they cannot enjoy singing and it does upset them, especially those who wear hearing aids. But the majority of the group do participate and they enjoy doing it. They do not try for perfection. They do it for the pure love of singing and the need that it seems to satisfy.

Leadership is very much of a problem. The person must be able to cope with the lack of harmony and also enjoy this particular age group. From experience, I have discovered that a person who is capable of leading in community singing and not a soloist does a much better job than any other. A professional person or music major has a tendency to completely overwhelm the group. They can't help showing their distaste every time there is a little discord, which is quite often. My groups refuse to co-operate with that type of leadership but when I use a person with a pronounced sense of humor and the ability to reach their level, the response is very gratifying.

The secret of the organization of all these groups is the feeling of a need for this activity and doing it because they wish to do it. This particular age group will not be pushed into anything that they do not care to do. They also have to do things at their own rate of speed.

Our Square Dance Orchestra is made up of people who play a musical instrument. The piano player acts as the leader. They play for special programs and then for the square dancing in the different clubs.

Last year as an experiment, we gave a series of free piano lessons to this age group. They received individual lessons. Teachers were students from the University and the type of leadership governed results in almost every case. Only those who wished to take the lessons were given the opportunity. The results were very satisfactory. Some of them were playing their favorite hymns at the end of the fifteen-lesson series. This just helps to prove my theory that you are never too old to learn if you have the will to do so.

We have several people in the group who have very nice voices and have done solo work in the past. We use these people whenever an opportunity arises. These people also sing with the men's quartet and the women's octet. These two groups co-operate for the same reason as the others; they like to sing and do it because they enjoy it.

I might mention too that we have a harmonica player and he enjoys very much playing for different activities.

Organization of any activity with this age group is not difficult if the leader would bear in mind that they are people and no different than any other adult group. They do not like to be overwhelmed by the ability or importance of the leadership.

The program of Ye Olde Tyme Concerte referred to by Mrs. Pierce includes a nice balance of music favored by many older persons:

## YE OLDE TYME CONCERTE

### Invocation

My Country, 'Tis of Thee

All Ye People

### Prologue

*"Foster American Music by singing Stephen Foster's beloved songs"*

Oh Susanna

All Ye People synge

Old Folks at Home

Chorus

Medley

Piano—Violin

Old Black Joe  
My Old Kentucky Home

Ye Fulle Choire and  
Audience

How Happy Is the Man

Solo

*"Then there are the love series that have lived through the ages"*

The Quilting Party  
Let Me Call You Sweet-  
heart

Help Ye Choire with this  
one

You Are as Welcome as  
Flowers in May  
That Old Girl of Mine

Solo

I Want a Girl  
I Want a Man  
Love's Old Sweet Song

Ye Men of Choire  
Ye Women of Choire  
The Fulle Choire

Square Dance—Havelock  
Swingers

When You and I Were  
Young, Maggie  
Silver Threads Among the  
Gold

Put on Your Old Grey  
Bonnet

All Ye People synge  
Chorus

Quartet

*"And now the Sweetest Songs of All"*

Little Brown Church  
The Old Rugged Cross  
Onward Christian Soldiers

The Audience may synge  
this one

You Never Grow Old  
America, The Beautiful  
Benediction

Solo

All Ye People



In New York City, the Manhattan School of Music assigned graduate students, on request, to help develop a music program for the Yorkville Neighborhood Club for old people. The program combined entertainment with informal choral instruction and performance. The leaders made use of the musical training any members of the group had but they also took into consideration the fact that many had no prior musical background. The results were very satisfactory and led to requests for similar help from other agencies serving old people.

Miss Lola C. Harris, the director of the Philadelphia Center for Older People, started music activities for her group but as soon as possible drew on the community's resources to help her. She states:

The idea of having a Music Club in our Center originated during the very first months of our existence as a direct result of what the members indicated they wanted to do.

During that first summer the entire membership came together two evenings a week for games, magazine reading, music listening, and just talking. A staff member soon noticed that some members wanted to listen to the music primarily but were continually disturbed by the chatter of those who came just to talk. It was then decided that we needed a special session just for music listeners, and a Music Club was started. During that first year club members listened to almost all types of music—from Beethoven's Ninth Symphony to Gilbert and Sullivan and the songs of *South Pacific*. Although the leader, for the first year the director of the Center, occasionally made suggestions, the members themselves decided what they wished to hear each week. Between records they discussed the works as well as the composers. Sometimes this discussion was the result of assigned research done by a member in the library; more often it was bits of information picked up elsewhere.

For leadership we explored the local music schools, a home for retired musicians, the local council on volunteers, two music clubs, a Friends' Monthly Bulletin (our board is dominantly Quaker), as well as many people with musical backgrounds whom we knew personally. We were unable to secure the desired leadership that first year, but we did get free tickets for our members to concerts of the Philadelphia Orchestra as well as others given in the Philadelphia area.

We arranged also for several programs to be given at the Center by Philadelphia artists. These included recitals by Dr. Clay A. Boland, for many years composer of Mask and Wig Club shows at the University of Pennsylvania, a performance of *The Mikado* by the

students of a local private school, and programs by several retired musicians and music teachers.

During the second and third years, we were fortunate in getting field work students from the University of Pennsylvania School of Social Group Work to supply leadership. And during these two years the activities of the club became more varied; we included singing, recitals, a rhythm band, and trips to places of musical interest in our program. Our own recitals were usually before other members of the Center, occasionally for outside groups. We also discovered some hidden talent within our own group. One member who plays the piano often accompanied the chorus; another who had been active in Philadelphia music circles in past years frequently led the choral group and the rhythm band.

We found the leadership of field work students very satisfactory and would have used a student this year if our program had not been interrupted by moving to new quarters. By the time the Center program was able to get underway this fall it was too late to make arrangements with the school. At present we have a plan with the Settlement Music School to pay a small fee for a regular professional leader.

The program this year is entirely choral, but the rhythm band does meet irregularly to practice and play for various Center parties. We also have a music listening session for all Center members once a month.

Our Music Club meets for one hour every week, is composed of both men and women, and is interracial.

Large city or small community, large group or small club, music has a prominent, enriching part to play in the recreational leisure of older adults. The potential is there for good leadership to discover and nourish.

## **Dramatics**

The keynote of the recreational dramatic program is one of informality. Formal dramatics involving the memorizing of script, endless rehearsals, and perfection of performance are forbidding to most older people. They are not to be ruled out entirely but should usually be confined to one-act plays, with emphasis on fun in participation and not professional quality of performance.

Charades and pantomimes are popular. In addition to their social recreation values, they serve to stimulate interest in other informal types of dramatics such as skits, and together

with skits serve to develop and reveal acting talent for more ambitious projects. There are innumerable charades, pantomimes, and skits for the leader to draw upon, and many groups write their own. Puppetry is popular with the members of some groups.

The drama program also provides the group leader with a splendid vehicle for interactivity co-operation. The creative writing group can help develop the play, the arts class can prepare posters and paint the simple scenery or backdrops necessary. The crafts and sewing groups can make puppets, props, and costumes, and the musicians can co-operate in playing background music and in the joint production of musical revues.

As dramatic groups develop confidence and some smoothness of performance, they delight in appearing on radio or television and before other local organizations at lunches, banquets, and other special events.

In stressing informality of approach to the dramatic program, it is not intended to imply that dramatics should include only the performance of the superficial, easy-to-learn activities with no creative values. On the contrary, informality is suggested as the effective way to interest in drama and to creative activity through drama.

The problems involved in planning drama activity for our older citizens are not entirely comparable to those which must be considered in working with children, but there is enough of a relationship to suggest a point of approach to them. In the beginning at least, an elimination or minimum use of scenery, costumes, script, and audience is desirable. This would leave to the group the selection and development of the basic idea to be used; the outlining of the story to be acted out; the preparing of the scenario of the play; the planning of a simple stage setting; and the selection of any vocal or instrumental music to be used. In short, the use of an appealing basic idea plus the use of group imagination and remembered knowledge and experience is a natural point of departure. Although older people do not have as keen imagination as children, their remembered experiences fully make up for this in a creative program.



The leader must himself sincerely believe that creativeness is not foreign to older people and that life has taught them some lessons which may acquire deeper, broader, and more joyous meanings to them through that ability for creative expression which all people possess in some degree.

Where will the leader find ideas, materials, suggestions? How will she decide what type of activity would best serve her group's interests and needs? What are the techniques involved in starting such a program? The experience of one leader may throw some light on these questions. Her program had become static and many members were becoming uninterested. The leader needed new program features and rather desperately tried creative dramatics as an untapped resource.

She spoke to the group and pointed out to them the many interesting things they must have learned about the community and its people of which most of the younger generation were unaware. She suggested that these might be brought to other people through the past experiences of the members. Since so many older people live largely in their past experiences, the suggestion sparked the interest of the group and brought forth a wealth of amazingly dramatic material. Members interested in the same phases of the community's story were organized into committees to work with the leader on the arrangement of material. With the leader as recorder, the story was brought together in a sufficiently dramatic form for acting. Three scenes were clearly defined and rehearsals began.

The leader was wise enough to use the indirect method in her development of characterization and action so that the group at every point felt that they were responsible for all that was accomplished. Dialogue (which must always be a factor in such work) posed no problem, since the gist of what was to be said had become fixed during the periods of storytelling and recording.

The final production, which was costumed and staged by the group, warmed everybody's heart and brought a feeling of pride to the group. The youngest person was sixty-five, the oldest, ninety-six. Some of them could not read or write.

This program together with others in arts, crafts, community service work, and social activities occupied an entire



season, with no loss of interest on the part of the group. It was presented as the closing feature of the year's activity.

From such an example let us see what the basic procedure was which can be applied to any planned program.

1. Using the group itself as a source of its own creative material.

2. Developing material on the level which the group can understand.

3. Finding points of co-operation so that activity becomes a group effort.

4. Discovering methods whereby each member of the group may relate his own worth and importance to the whole.

5. Helping group and individuals to discover new unsuspected power within themselves.

6. Joining with other groups in making final presentation a thing of pride and beauty.

However simple or slight a dramatic venture may be, most or all of these procedures might well be followed.

The major concept of the program for oldsters on the part of leader needs to begin with the belief that a seventy-five-year-old has creative ability. To stimulate this kind of development it is often wise to incorporate both their own powers and their personalities.

Simple pageants based on local historical events can be used effectively as vehicles for creative drama activity.

Choral speaking is another effective way of providing for creative activity. It can be combined with music, tableaux, and pantomimes and provides many a diffident individual, who would never sing, recite, or act alone, an opportunity to participate yet find refuge from shyness in being one of a group. Choral speaking is not as yet a widespread activity in recreation and is probably relatively unknown to most older people. Guest groups may often stimulate interest in it as a club activity because it is closely related to responsive reading in religious services in which most oldsters participate.

Choral speaking may take the form of the leader reading and the group responding in chorus, with or without scripts. The group is sometimes seated and responds in rhythm and with a quiet, rhythmic body movement. Choral groups may

speak the commentary for a pantomime, tableau, or pageant instead of an individual. It can be made an impressive part of birthday and other candlelighting ceremonies.

As soon as possible after the drama program is successfully launched, it is desirable to organize a drama committee from the group which will facilitate the flow of ideas from the members and sustain interest in the program as one which originates with them and reflects their own interest. A tentative program for the year should be worked out if possible so that the group will know what is planned ahead for them, except that certain surprise features should be added from time to time to sustain interest and add to the enjoyment of the members.

Dramatics can bring a genuine sense of satisfaction and beauty to the lives of older people. It is more than casual entertainment, worth-while as that is in itself. The interest and talents are there for leadership to develop.

# 9

## PROGRAM ACTIVITIES: SERVICE AND EDUCATIONAL

A review of the history of successful old age programs reveals a common ingredient—opportunities for service to others. The feeling of having been put on the shelf, of having no further usefulness to one's friends or neighbors or to the community at large, can be one of the poignant tragedies of old age. To provide the opportunity to disprove this, to demonstrate one's capacities and social responsibility to one's self and to others, is one of the outstanding contributions the old age program can make to living in the older years.

It can be a thrilling experience to watch individuals and groups grow from wanting merely to be entertained to the desire to participate in the play program, to the urge to contribute something to the group and then to the community. Some are always content just to sit and talk or be amused, others to take part in the social activities. Some want primarily to serve, and some feel ashamed if they are not always doing something "educational" or serious. Many acquire broad interests and learn to join in a variety of activities acquiring a balanced leisure-time diet.

Whatever the individual motivations may be, we know that service projects are among the most popular program activities. They may be service to the group, to other older adults outside the group, to one's friends and relatives, or of a general nature as participation in Red Cross or toy repair projects. A progressive broadening of service interests is reflected in the history of most groups.

One of the interesting exceptions to the progressive growth rule is the history of the Jamestown, New York, Golden Age Society. When this group was taken over in 1947 by the city Recreation Department, it was the purpose of the Director of Recreation to find a basic philosophy for the program which would provide a solid foundation for future growth. The idea of doing for others as well as for themselves was adopted, with the Club slogan: "To bring happiness to

others as well as ourselves." This motto is printed on all membership cards as the "price of membership."

At each meeting of the Jamestown group, those who have visited since the last regular meeting someone ill or shut-in stand and receive recognition and applause from the group. As many as a hundred report such visits at a single meeting. The Club has grown from thirty-seven to more than five hundred members with an average attendance of about two hundred and fifty.

The Society has adopted nearly forty permanently shut-in people with illnesses ranging from double leg amputations to complete paralysis. Members visit the homes of the shut-ins daily, helping those attending them with their homemaking tasks such as ironing, canning, sweeping, and cleaning. They also relieve those in charge when they have to be away for short periods.

This brief reference to some of the service activities of the Jamestown group and its emphasis on service to others in its appeal for members illustrates the popularity of these activities and the wholehearted response which most older people will give to any chance to prove themselves to themselves and others. Helping others is in one sense a selfish program for them as they so greatly help themselves by it.

No group is too small to make some provision for service. The range of activities is limited only by the ability and imagination of the leader, and the size of the group. Simple tasks within the group are always at hand—helping with decorations, making furniture and equipment for the meeting rooms, helping with refreshments, washing dishes and keeping the rooms clean and neat, addressing envelopes for birthday and illness cards and club notices, taking attendance, acting as ushers or hostesses. There are many of these little chores to be done and every member should have a chance to help.

For those with special gifts, there are opportunities for taking part in club entertainments and for acting as leaders and instructors for special activities, in dancing, arts and crafts, music, dramatics, creative writing, and discussion groups. Visiting sick members and helping the physically handicapped members to get to meetings are other very useful projects.



Satisfying activity in volunteer service to the group itself often stimulates a desire for more worlds to conquer and the needs of other older people outside the membership have a strong appeal, particularly those who are physically handicapped or in chronic ill health. The visiting service of the Jamestown Society is an example of this. In addition to providing needed day by day services, there are many possibilities for brightening the lives of shut-ins, as well as those in homes of the aged or convalescent and nursing homes, by a friendly visiting service which provides good readers, storytellers, and conversationalists to individual shut-ins at home and a variety of appropriate entertainment features to institutional groups. Birthday and seasonal greeting cards and inexpensive gifts made by club members are sent to shut-ins by many groups in different cities.

As the circle of interest in others broadens, it might naturally include next a helpful service to other needy groups—children, victims of disaster at home and abroad. Repair of children's toys and making doll dresses, Easter baskets and other gifts for orphaned or needy children, are successful activities in many groups. In several communities club members have kept the toys and equipment of day-care centers painted and in good repair. The Pittsfield, Massachusetts, Golden Age Senior Club makes articles for the city infirmary and a local home. It has made flags for the grade school safety patrols, Red Cross banners, costumes for entertainment programs, and many other articles from time to time as requested.

Allied to the direct service type of projects referred to above, and also related to educational projects, are the significant community service and citizen participation activities in which some groups have been able to interest their members. They are service projects in the sense that they are done for the good of the community, and educational projects in that they frequently require research and discussion with definite educational values. These projects require special interests and talents and in many cases can be developed from original interest in such educational projects as forums and discussion groups.

One group surveyed the recreational needs of its com-

munity and petitioned the city council to develop more recreational facilities in the city's parks; another raised funds to sponsor two teen-age delegates to a week-end youth conference held in a state park. Other community activities include a study of social security and presentation of resultant views to Congressional representatives, and discussion of voting facilities with planned efforts to have them improved.

Many possibilities of service exist for those older individuals who are interested and have the background and talent to help in connection with local Community Chest drives; civic improvement campaigns; bond issues and tax referendums for needed school, recreation, library, health, water, sanitation, or other community facilities and services; civil defense activities; and, usually on an individual basis, on local, state, and national legislative issues.

Individual volunteer service by older adults is a community resource that has not been fully appreciated or utilized by community agencies. Volunteer bureaus and other agencies recruiting volunteers would find older people effective helpers if carefully selected according to their talents and properly briefed and supervised. They have the time and a sense of responsibility that is probably greater than that of younger volunteers. Leaders of old age groups should be alert to the volunteer community service possibilities open to their members and relate them to appropriate opportunities for such service.

This integration of older people into community life through their use as volunteers is not simple. It involves educating the community to appreciate and use the talents of older citizens and educating the older adult himself to polish up his natural skills, bring himself up to date on methods, materials, and current affairs, and to regain his self-confidence in his ability to serve and to serve well. The community-wide aspect of service to others has a special value to older people in that it gives them that contact with other age groups that they are so anxious to establish. Agencies using older adults as volunteers for services or schedules that require car fare, lunch or dinner, or other extra expenses should be prepared to meet these costs. The great majority of old people have little, if any,

financial leeway and could not meet these expenses themselves, particularly when they are incurred with some regularity.

### **Educational Projects**

Reference was made in Chapter 1 to the limited formal educational background of the great majority of the older people of today. Most of them have only an elementary school education. Many attended ungraded small schools for a limited number of years. However, many have had a rich living experience and still have a keen interest in taking advantage of every avenue open to them to acquire new skills for their later years, both vocational and avocational.

Modern education has a large part to play in the enrichment of living of our older adults and has vast resources to meet this challenge in its adult education services. Adult education can not only offer educational opportunities to our present older population but it can serve the older people of tomorrow by making available to them today the leisure-time skill training opportunities which will serve them well as they reach later maturity. Educators are alert to this challenge. The Adult Education Association has appointed a committee on education for aging which is currently developing a manual on educational programs for older people.

The schools and colleges of the country are alert to the need, too, and are increasingly offering special services for older adults and providing leisure-time training courses for all adults. Colleges and universities reach many through their extension courses and special noncredit courses on the campus. The pioneer work of the University of Michigan in this field is an outstanding example of what colleges and universities can do. Its pilot projects are making outstanding contributions to all phases of gerontology, including recreation. Progressive local school systems are also serving well. The following program of the Adult Education Department of the Los Angeles City Schools, developed in co-operation with the County Committee on Needs and Opportunities of the Aged and reported by the State of California Recreation Commission, brings out many ways in which the school program can approach the problem:



While these courses come under the head of education, they may also be classed as recreation activities—in the broad sense in which recreation is defined in this guide.<sup>1</sup> For older men and women recreation may be more important as an enlargement of the personality through mental stimulus and the acquirement of new skills, rather than by physical activity. Such expansion of outlook is offered in a 28-week course, with one meeting a week, offering a wealth of opportunity for better living after sixty. Topics covered are: foundations for enriched living, health, managing personal affairs—with discussion of investments and insurance, the new look in foods, psychological aspects of aging, crafts, hobbies, and activities.

This year-long program is under way in fifteen evening high schools. A six-week summer course, offering six two-hour sessions on how to stay young and enjoy the years ahead, the best years are yet to come, financial planning and protection, making enjoyable things, what man eats and drinks to live to be a hundred, and enjoying ourselves, is similarly designed to aid older adults to enjoy a more complete and happy life.

These courses are presented by seasoned and experienced authorities with various approaches to the problems of those past sixty years, and include a national health authority, an expert on financial securities, an outstanding educator, an expert in recreation, a home economics authority, and an experienced social worker.

Other programs for men and women past retirement age, offered by the Adult Education Division of the Los Angeles City Schools, include two separate series—one of six and one of seven lectures—by two distinguished physicians, specialists in geriatrics. Also, a series of five lectures on mental health by a practicing psychiatrist and a professional psychologist have included demonstrations, case histories, and questions and answers on emotional and mental health problems. Another 13-week course on the psychology of human adjustment offers a weekly two-hour lecture by a qualified psychologist on such topics as adjustment and maladjustment and physical and emotional problems of growth.

These experimental classes have met with varying degrees of success, according to one of the supervisors in charge of the program. The most popular with the older people are those courses that deal with health and the psychological aspects of later maturity, taught by doctors and professional psychiatrists.

The last paragraph of this statement poses a problem for those concerned with the leisure-time aspects of the late years. The Los Angeles experience in the greater popularity and success of courses in retirement problems in the health

<sup>1</sup> *Recreation for Older People in California*, State of California Recreation Commission, Sacramento, Calif., Publication 14, October, 1951, pp. 54-55.



and economic security areas has been repeated in other pre-retirement programs. It may be assumed to indicate that those approaching the retirement age are keenly aware of the financial and health problems awaiting them but have no conception of the importance of proper preparation for the tremendous increase in free time which they will have available, for good or ill. The oldsters of the near future would benefit by an effective program of interpretation of their need to prepare for the happy and satisfying use of this leisure.

Adult education can and will reach many older people. However, the large majority will have to depend upon the programs of their old age groups for the personal growth and satisfaction that come from creative expression and widening horizons. Many will welcome the chance to serve on the staff of the club bulletin or participate in the activities of study and discussion groups. Many activities with educational values are already a part of the recreation program. In addition to the arts and crafts classes, music, and dramatic groups, projects such as lectures, educational movies, forums, study and discussion groups, and research have general popularity with the older groups.

Travel lectures, slides, and motion pictures are usually enjoyed by older people and are often included in club programs. Speakers on current events and local affairs, on health, security, and other problems of aging are always well received. Some of the foreign-born members and others who have traveled abroad can make interesting presentations of their experiences and enjoy the distinction such platform appearances give them. Forums and panels are also well received, particularly when the subjects under discussion have some personal application and get down to specifics. Older persons do not always know what they do want, but apparently they do not want presentations or discussions in general terms alone.

Study and discussion groups have a unique opportunity for meeting the needs of the aging. Topics can cover a multitude of interests, and the discussion method itself can be used to develop leadership within the membership. Interest of the membership in many types of activities can be stimulated and channeled into avenues of participation or service.

Topics for group study and discussion cover such widely diverse subjects as gardening, music, drama, painting, hobbies, local services for the aging, social security, mental and physical health, local community problems, and state, national, and international affairs. There is no subject of personal, social, or economic interest that cannot be put in the hopper. When members are informed about subjects under discussion, they should be used as much as possible as discussion leaders.

Literature challenges many older people. Book review and reading clubs are common, and practically every group has its budding author or authors. Club bulletins and newspapers offer an outlet for those with the urge to write as editors or staff writers. Some groups have successful writing clubs or classes. At Pittsfield, a group meets weekly to prepare material for presentation to a committee appointed by the mayor to write an official history of Pittsfield.

The San Francisco Senior Center has a Creative Writing class. Mrs. Dorothy A. Geary, the instructor, describes it as follows:

One of the significant activities has been the Creative Writing class. An eager and enthusiastic core of six or eight members initiated the classes with a volunteer for a leader, but many others find their way intermittently to the classroom to "taste and try." At times there are more than twenty sitting around the table reading and criticizing one another's work.

There is a wide difference in the background and ability of the regular class members, but they all share a desire to put their thoughts and experiences into words. Some of them had less than a grade school education. Two, foreign born, have the added handicap of language difficulty. One of these, however, has had the habit of keeping a little notebook over a period of many years. As a result of his careful and often amusing observation of the passing scene, he contributes much to our discussions.

The teacher has used a number of techniques in encouraging the class members to express themselves. At one session each person wrote two descriptions of a familiar street corner—the first, as it looked to him when he felt gay and happy, and the second, on a day when he felt blue and depressed. The latter provoked much amusement, and had a therapeutic value.

Much time is spent trying to eliminate flowery adjectives in favor of strong, descriptive verbs. There seems to be a tendency in people of this age group to be overly sentimental as soon as there is a pen in hand. Many of the exercises have been the rewriting of flamboyant

passages from badly written magazine articles, or from their own work.

Early in the experience of the class working together it was agreed that the monthly birthday party honoring Center members whose birthdays had fallen within that month should be an occasion of dignity and of inspiration. A ceremonial especially for the occasion was needed. [See Chapter 4] The Creative Writing class agreed it was their job to do and set to work enthusiastically. It proved to be an interesting and rewarding assignment. It called for many group discussions. That there are many disadvantages in marking off another year the members agreed. But also they recognized that there are many compensations and it was agreed that these they would stress. Each member wrote several paragraphs on the joys and advantages that old age brings. When these were read in class, there was further discussion. From these papers the ideas and words that pleased the class were chosen so that each part in its final form represents a group thought and was not the work of any one person.

The class spent two months on this project before the final compilation was made. They all felt rewarded for the time spent because of the pleasure that came in the heart-warming exchange of ideas.

The Creative Writing class was a very significant experience for those who participated. It awakened the powers of observation and gave a renewed interest in life. It focused the attention of the individuals on the life around them rather than on petty annoyances. One member of the group stated that since she had been coming to the Senior Center, and to the Creative Writing class in particular, she had been happier than she'd ever been. She had found out how much she liked doing something she'd never had time to try before. The real satisfaction and pride that the members of the group experience each month as they present the ceremonial has made the Creative Writing class, to them, one of the most important activities in the whole program of the Center.

A number of groups have developed fine co-operative relationships with local public libraries and use the library bookshelves freely for their reading and study projects. The libraries have sometimes prepared special catalogues of books of interest to older adults and provided meeting places for group reading and study purposes.

The recreation approach to educational and self-improvement activity is effective and reaches many older people who would not be reached through the regular adult education programs. Adult education and recreation each has a large responsibility and a great opportunity, and together they can bring a purpose and happiness in life in the later years which our senior adults desire and deserve.



# 10

## CLUBS AND CENTERS

In discussing program planning in Chapter 2, stress was placed on the importance of using all the resources of the community in meeting the leisure-time needs of the aging. It was pointed out that clubs or some similar type of membership organization is necessary to meet certain needs of older people, such as the need for belonging and being accepted and for continuing social relationships with congenial contemporaries. These clubs are probably the only social outlet for the majority of those taking advantage of them. Emphasis was placed earlier on the necessity for the club to be a referral center for its members to other community opportunities to supplement the direct offerings of the club itself. As most clubs meet weekly for two to three hours each session, supplementary activities must be made available to help fill constructively the many other hours of leisure of many older people, particularly women.

Special clubs are visible, they capture the imagination and are effective in focusing public attention on the problems of the aging, and are frequently thought of as *the* leisure-time program for older people. Because they are so popular and because they do play so important a part in the over-all program, some of their special problems should be reviewed.

The methods of enlisting community support, building membership, housing and financing the project, the program planning, and the leadership principles as outlined in Chapters 2 and 3 are all applicable to clubs; and the various chapters on activities all contain ideas and suggestions for club programs. This chapter is concerned with such questions of club organization and management as membership participation, officers, advisory committees, constitution, by-laws, and committee organization.

One of the first problems facing the club organizer is "How large should the club be?" There is no simple, single answer to this question. The scope of the program planned, facilities, and qualified leadership available are all factors to be



considered. Existing clubs have memberships of from ten to several hundred, and successful programs can be found in clubs of any size. Neighborhood clubs generally have relatively small memberships and community-wide projects have larger enrollments, particularly in communities of any size. Full-time centers with some form of organized membership plan consistently run to high enrollments.

Where a social group work service through recreation is indicated, the small group is essential. It is best also for the older person who is lost in large groups and prefers close social relationships with a few rather than the many, although this close personal relationship can be provided through small special interest groups within a large club structure. Some older adults like to belong to sizable organizations. They feel that it brings them prestige to be one of a group so large that it makes a definite impression on the community.

A club with a large membership has more opportunity for the organization of special program groups in crafts, music, and dramatics, whereas the small group usually has difficulty in finding enough members interested in or potentially capable of taking part in many activities of this nature to justify special classes and instructors. The leader of the small group must relate his members to other resources for these activities.

It is wise to start with a modest objective in mind and to expand the group, if desirable, only as adequate facilities and leadership are available. A good start will attract the additional interest and support needed for desirable expansion. Consideration should be given to the organization of new small groups as the demand increases, with plans for inviting these smaller groups into a council and for establishing joint programs in those areas where all these groups must be drawn upon to provide sufficient enrollment to justify them. These smaller groups can also join together in special community-wide projects such as camping and hobby shows. There is a place for small and large clubs. The organizer must determine the size on the factors of program, leadership, and facilities.

Club registration is desirable and necessary if it is planned to send members notices of meetings and special events, greeting cards, and to provide home visitation to absent members.

Registration also contributes to the sense of belonging. Membership cards are desirable for this same reason; in addition, they give the individual visible identification with the group. Name cards to wear at meetings are popular with some groups. Simple registration forms are used by most clubs with space for name, address, birth date, and date of application. Some provide a space to record leisure-time interests. Others have interest-finder questionnaires filled in after the member has become at home with the club group. It is the practice in some cases to withhold granting the membership card until the applicant has attended three meetings. This serves to cut down turnover on the membership rolls.

The recording of the interests of the members through questionnaires has a definite value as individuals usually list those activities which they can do or feel they can do. They provide a preliminary guide to the leader for working with the individual and for planning club activities.

Whether the club is small or large the question arises of how much participation should the members have in its operation. Most leaders testify to the value of membership participation, and some are very emphatic in saying that the very success of the club depends on membership management with a minimum degree of control by the agency or group administering the project. Some membership participation is widely accepted as essential to the full utilization of the capacities of the older people themselves. Working with rather than for older adults is repeatedly stressed.

Opportunities for satisfying activity through group leadership and service are most commonly provided through the activities programs. Standing and special committees responsible for meetings, parties, special events, and other phases of club life give the leader a chance to give practically every member some responsibility at one time or another, particularly if committee memberships are changed frequently. As the club program gets underway and the membership develops cohesiveness and *esprit-de-corps*, membership participation can be extended to club policy and management.

Some clubs are run almost completely by their members with leadership guidance and with ultimate control of top-

level policy matters resting with the operating agency. In other instances, there is a fifty-fifty sharing of responsibility. Many leaders retain management and policy control, with membership participation largely confined to program matters. A few have no formal method for developing membership participation but do use members informally to help plan and conduct activities.

Some type of formal organization is necessary for clubs with large membership and even small groups find simple organization desirable. Simple rules of procedures for meetings and for the expression of group opinions on club problems are useful in even the smallest club. Also, older people apparently like some formality.

### **Club Organization**

The formal organization of clubs takes different forms in different cities but there are several basic principles which are generally observed. Club organization should wait on the readiness and the capacity of the group. It is often desirable to wait until participation in activities planning has an opportunity to bring out the leadership capacities of individual members, and until the club leader has had the opportunity to know his members and to feel out the desire and capacity of the group as a whole for self-government. Most groups should be given authority by easy stages.

Practically all groups elect some officers after the first few meetings of the club. They are frequently chosen on a temporary basis, to permit organization plans to mature and to provide a probationary tryout period for possible leaders. This temporary period is for three months in most cases. Permanent officers are elected for six months or a year, depending upon the size of the club and the need for frequent change to give as many qualified members as possible a chance to serve. Where committee service does this, the yearly term of office may be preferable. Small clubs sometimes elect just a president or chairman, secretary, and treasurer. Larger units have one or more vice presidents and a corresponding secretary. The officers have the usual duties of their offices, although the oper-



ating or sponsoring agency is usually the custodian of funds.

Because of the lack of experience of many older people as responsible officers, brief, simply written manuals for officers have been found useful by some clubs. Officers should not succeed themselves and no club member should hold more than one office or committee chairmanship at the same time.

Boards of directors are a part of the organization of some clubs, generally with eight to ten members. Their composition varies but usually the club membership and the operating group are represented, although there are cases where the board is composed of the officers and chairmen of standing committees. Steering committees are used also to guide the policies of clubs instead of boards of directors. Where boards or steering committees are large, executive committees are included in the organization plan. In practically all cases the "management" is represented and has final say on matters of major policy.

Governing bodies may only advise on policy but should have as much independent administrative freedom within the framework of basic policy as they have proved their ability to use wisely. They should meet frequently, at least once a month during the club's program year. Advisory groups representing sponsors and interested individuals and community groups organized to interpret the program to the general public and to enlist community support for the project usually meet at least quarterly to review the program and to advise on new plans or major problems of the clubs.

Clubs have the usual standing committees on finance, program, membership, and publicity as well as on other phases of the program requiring continuing attention such as sick committee, refreshment committee, reception or hostess committee. One club which has a regular program of trips and outings has a standing committee on bus trips. It also has a standing employment committee which operates a successful employment service for members. Chairmen of standing committees are usually represented on governing bodies or are invited to their meetings when subjects of interest to them are on the agenda.

Temporary committees for activities are a useful device



to develop leadership for responsible assignments, and to give as many members as wish it the chance to contribute to the club's success and to experience that personal satisfaction that comes from being useful to others. These committees can be appointed for practically any activity. Their number and size depend on the size of the club and the extent to which interest has been stimulated in participation in club affairs. It must be remembered that some adults are unhappy in responsibility and want only to enjoy the program, not run it.

With any formal organization there must of necessity be some guide for officers and members of governing bodies in the form of a constitution or by-laws or both. These should be as simple and flexible as possible, although in some cases the members will insist on a somewhat detailed exposition of club policy and the duties and limitations of its officials.

The Golden Age Club of Pittsfield, Massachusetts, adopted the following simple constitution and by-laws:

### *CONSTITUTION*

#### *Article 1*

The name of this organization shall be: The Golden Age Club

#### *Article 2*

The objects of this association shall be:

1. To further recreational opportunities for persons over 65 years of age.
2. To promote friendships, and to encourage leisure time activities.

#### *Article 3*

1. As of April 17, 1951, membership in this organization shall be open to persons 65 years of age and over, who are residents of Pittsfield, regardless of race, color, or creed.
2. This amendment does not affect membership prior to the above date.
3. Visitors are welcome to attend the meetings at the Y.M.C.A., but are not entitled to the complete privileges of a member.

#### *Article 4*

The officers of this association shall be a President, Vice President, Secretary, and Treasurer. They shall be elected the first Tuesday in

September, and they shall hold office for one year, or until successors are elected.

There shall be a Steering Committee which shall consist of three members of the Golden Age Club, one of which shall be an officer, three members from the College Club, and three members from the Park Department. Members of this committee will be elected the first Tuesday of September, by the respective organizations.

#### *Article 5*

The Club will hold weekly meetings every Tuesday afternoon, from 2 P.M. to 4:30 P.M.

#### *Article 6*

This constitution may be amended by a two-thirds vote of the members present at any formal meeting or stated meeting.

### *BY-LAWS*

#### *Article 1—Management*

The active management of this association shall be delegated to the Golden Age Club members.

#### *Article 2—Officers*

1. The President shall preside at all meetings and shall perform the duties usually pertaining to said office.
2. The Vice President shall assist the President in his duties when called upon, and shall be his lawful successor should a vacancy occur in the office of President prior to the election date.

#### *Article 3—Dues*

There will be no fees or charges in connection with this club.

#### *Article 4—Committees*

The Steering Committee shall appoint such standing and special committees as needed with instructions for the performance of their duties. The Steering Committee will discuss issues before they are presented to the Golden Age Club members. The committee will make recommendations, but they shall not vote on any issues.

#### *Article 5*

These by-laws may be amended at any meeting by a two-thirds vote of those present and voting.

They have found it difficult to make amendments as need for change or clarification arises, however, and feel that a more

detailed constitution and set of by-laws would have been better. The Friendly Center Club of Aurora, Illinois, after studying the constitutions of other groups, adopted the following rather detailed constitution and house rules:

## THE FRIENDLY CENTER CLUB

Aurora, Illinois

### CONSTITUTION AND HOUSE RULES

#### *ARTICLE I—Name and Location*

- Section 1. The name of the club is "The Friendly Center Club."
- Section 2. The headquarters for the club shall be the Aurora Recreation Center, 5 Fox Street, Aurora, Illinois.

#### *ARTICLE II—Purpose*

- Section 1. The purpose of the club shall be to sponsor good fellowship and wholesome recreation for those who have reached the age of 60.

#### *ARTICLE III—Membership*

- Section 1. Any man or woman residing in Aurora is eligible for membership with voting privileges. The minimum age shall be established at 60 years.
- Section 2. The club may at any business meeting, by the unanimous vote of members present and voting, elect to honorary membership any person who, in its opinion, has rendered special or outstanding service to the club. Honorary members shall be entitled to all privileges except holding office and voting.

#### *ARTICLE IV—Meetings*

- Section 1. All business meetings shall be held in the headquarters of the club, i.e., The Aurora Recreation Center, 5 Fox Street, Aurora, Illinois.
- Section 2. Regular meetings shall be held every Thursday; the time to be from 2 to 4:30 P.M. The Recreation Center is to be open to the group on Tuesday from 1 to 4 P.M. for social gatherings.
- Section 3. The annual meeting for the election of officers shall be the third Thursday of March each year.
- Section 4. Special meetings may be called by the President or the Board of Directors, by notifying members of the said meeting and the purpose for which it is called. No busi-

ness shall be transacted at any special meeting except that for which the meeting was called.

*ARTICLE V—Officers and Their Duties*

- Section 1. There shall be five elective officers: President, Vice President, Secretary, Treasurer, and Corresponding Secretary elected at large.
- Section 2. The President shall preside at all meetings, but as presiding officer shall not vote except in case of a tie. He shall appoint, and be an ex-officio member of all committees. At business meetings he shall submit all questions pertaining to government and operation of the club to the members for their action.
- Section 3. The Vice President shall discharge the duties of the President in the event of his absence, inability, or refusal to act. The Vice President shall also act as program chairman for the club.
- Section 4. The Secretary shall keep the minutes of all meetings in a book provided by the club for that purpose.
- Section 5. The Corresponding Secretary shall have charge of all correspondence of the club.
- Section 6. The Treasurer shall have authority to make disbursements as necessary to meet the current and ordinary expenses of the club, upon written approval of the President, and shall keep proper receipt for all expenditures. Any large or unusual expenditures should be presented to the Board of Directors for approval. He shall submit at each business meeting an itemized account of receipts and expenditures made. These reports shall become part of the permanent records of the club.

*ARTICLE VI—Election of Officers*

- Section 1. All officers shall hold office for a period of one (1) year following election, or until their successors have been duly elected and qualified.
- Section 2. In case of vacancy for any reason in any of the offices, the unexpired term of such office shall be filled by appointment from the Board of Directors.
- Section 3. At the second March meeting, nominations for the various offices shall be made from the floor as well as those submitted by a nominating committee which is composed of the President, ex-officio; 2 members of the club either appointed by the President or voluntarily filled; the Director of the club, and the Director of the Playground Department.
- Section 4. Elections may be by acclamation or if more than one



candidate is nominated, by a raising of hands or by secret ballot as desired by the group. A candidate receiving the majority of the votes cast is elected.

*ARTICLE VII—Board of Directors*

Section 1. The general direction of the club shall be entrusted to the Board of Directors consisting of the officers of the club and the respective chairmen of committees (chairmen of the committees attend Board meetings upon the request of the President); two (2) representatives from the Council of Jewish Women, who aid in the sponsorship of the club; the Director of the club; the Playground Department Director, and two (2) representatives from the Playground Commission.

Section 2. In the event of emergencies whereby immediate action is required by or on behalf of the club, the Board of Directors shall have the power to take any action necessary.

*ARTICLE VIII—Sponsorship and Directorship*

Section 1. The club shall have a Director as employed by the Playground Department. The Playground Department Director shall act in an ex-officio capacity. The club Director shall act with the Vice President and her committee in planning the meetings as far as program materials are concerned. The Council of Jewish Women sponsor the club in conjunction with the Playground Department of the City of Aurora, Illinois. These women donate their services to be used where deemed necessary by the Board of Directors or the Director of the club. The club Director acts in the capacity of an adviser and planner for the group as much as is deemed necessary. The government of the club should be in the hands of its officers and members with the Board of Directors assisting and acting in an advisory capacity.

Section 2. The club shall have an advisory board consisting of several prominent citizens of the community interested in the general welfare of the membership. This body will serve as a group to bring into the group outside talent suitable for the group. The advisory board shall meet twice a year in an effort to lend advice for the general betterment of the club. The advisory board shall submit their suggestions and recommendations to the Board of Directors who in turn shall act on the material submitted.

*ARTICLE IX—Committees*

- Section 1. The following shall be standing committees: Program, Calling, Membership, Refreshment, Arrangements and Publicity.
- Section 2. All committees and chairmen shall be appointed by the President with the approval of the Board of Directors and shall serve during his or her term of office.
- Section 3. The Program Committee with the Director of the club shall plan the program for each meeting of the club unless the membership elects to handle a specific activity differently.
- Section 4. The Calling Committee shall phone the membership each Tuesday to determine the number to be present at the Thursday meeting. The members of the committee shall phone the Director of the club Wednesday between 10 and 12 to inform her or him of the number who plan to attend the regular meeting.

The Calling Committee also informs the Director of the club who in turn informs the Corresponding Secretary of illness or adversity among the membership and this committee shall perform such visitation and/or assistance as is possible.

The Calling Committee also acts as a means to contact the membership for any special notice or event.

- Section 5. The Membership Committee shall see to it that new members are introduced to the members and are to promote interest among eligible membership in the Aurora area. They shall act as a greeting committee for the various events of the club.
- Section 6. The Refreshment Committee shall plan the refreshments for each meeting as desired.
- Section 7. The Publicity Committee shall see that the club receives publicity in the local paper or wherever they deem public relations might be beneficial to the group, this publicity to be cleared through the Playground Department office. This committee shall keep a scrapbook of all news items. They shall also keep the Bulletin Board up to date with data pertinent to the group.

*ARTICLE X—Amendments*

- Section 1. Amendments to the constitution may be submitted at any regular business meeting and if the amendment is approved by a two-thirds (2/3rds) majority vote of those present and voting, notice of such proposed change shall be posted

on the club Bulletin Board within two (2) days. At the next regular business meeting, the amendment shall be presented for adoption or rejection. Proposed amendments must be submitted in writing. A two-thirds (2/3rds) vote of those present and voting shall be required for the adoption of an amendment.

#### *ARTICLE XI—Charter Members*

Section 1. The following are the names of those who registered at the first three meetings of the club and who, as such, are entitled to have their names on the constitution and to be known as Charter Members of The Friendly Center Club:

#### *HOUSE RULES AND REGULATIONS*

- I. No drinking of intoxicating liquor.
- II. No gambling.
- III. No one allowed in under the influence of alcoholic liquor.
- IV. The club closes at 4:30 P.M. Thursday and at 4 P.M. Tuesday. These are the only days the Recreation Center will be open to the club members unless otherwise designated by the Board of Directors. The Recreation Center opens at 2 P.M.
- V. The club shall be responsible for any damages to the building during club sessions, unless damages are done intentionally by members or non-members.
- VI. Penalty for breaking rules can be temporary suspension or permanent expulsion from membership.
- VII. The age of participants will be a minimum of 60 years.
- VIII. Membership is confined to residents of the City of Aurora.
- IX. Personal cleanliness and clean dress are required.
- X. There will be no mention or consideration of either politics or religion.

Some clubs will find the "short form" used by Pittsfield adequate for their purposes. Others will require detailed statements comparable to Aurora. It is probable that most clubs will want to adopt something in between these two examples. They are given here to illustrate the different ways in which the problem of "basic law" has been worked out in these two cities.

### **Special Centers**

Special centers for older people are available in some communities. They may be special rooms in a school, public

recreation center, or other agency facility set aside exclusively for the use of older adults, or special buildings set aside or acquired solely for older people. They may be drop-in centers or may house a broad activities program. Many of them are operated on a club or some other membership basis. Others are used primarily for free activity with no special organization of its clientele.

The special center with some form of club or membership organization and participation in center affairs has a unique opportunity for serving the leisure-time needs of the aging of the community. It can serve far more adequately than can the club the many leisure-time needs of those older persons who have much leisure without other outside relationships which can help them spend their free time usefully and happily. It can serve as a focal point for discovering the needs of the individual and meeting them through the activities of the center or through referral to other services in the community available to older adults. The sense of belonging, the need for recognition, and the desire to serve can be met through membership, leadership in activities, and service on committees and councils.

Many centers and lounges are open from late morning or early afternoon to late evenings for five days a week. Daytime periods are used not only for free activity but for such special groups as crafts and music. Special events are frequently held in the evenings, and in some cities certain evenings are set aside for men. Saturday and Sunday use is made available in a few cities, usually on an open-house basis.

Agencies or committees maintaining special centers have a necessary corporate or institutional interest in and obligation for proper care of the physical facilities themselves and must necessarily keep full control of them. However, outstanding centers in New York; Philadelphia; Fort Wayne, Indiana; San Francisco and Menlo Park, California; and other cities have delegated control of program to councils or committees of their memberships along the same lines that club sponsors do. This factor has contributed significantly to their success.

The special center as the nucleus for a community-wide program has potentials which should be fully explored in all



communities. More funds are needed for leadership and operation, but any increase in total cost is more than offset by the greater numbers who can be served and the greater service possible to each of its members.

# 11

## SPECIAL GROUPS: THE HANDICAPPED, HOMEBOUND, AND INSTITUTIONALIZED

If the active, creative use of free time plays a significant part in bringing happy, useful living to the older adults living in the community and able to take advantage of and enjoy its resources, how much greater part recreation can play in the enrichment of the lives of those with physical or mental deficiencies and those who are living in homes for the aged where it is easy to lose personal and community contacts.

### The Handicapped

Physical handicaps do not bar recreational activity; they determine the types of recreation in which different individuals can enjoy satisfying participation. The handicapped of all other age groups are active in recreation and many successful adaptations of standard activities have been worked out for them. In the same way, careful and intelligent selections and adaptations can be made for handicapped older adults. Their needs for leisure-time activity are the same as those of other older adults—the need to belong, for security, to be useful, for new experiences, and for the creative use of their talents and capacities.

Handicapped older persons who can get about should be served as far as possible through participation in the general program for all older people. It is important to help them overcome their special fears of isolation, forgottenness, and insecurity arising from their infirmities. They can be brought to activity centers and club meetings by volunteers inside and outside the old age group. In one group in a small city half the members require assistance in getting to meetings because of physical incapacities. This is provided by the other half of the membership. In addition to participation in club activities, some handicapped members with special talents serve as leaders for special groups as in arts, crafts, music, and writing.

Some of the activities which centers and clubs for the aging offer which are possibilities for the handicapped are

parties and other social activities, outings, and the opportunity for informal visiting and the making of new friends and acquaintances. Participation in program planning committees and as club officers contributes materially to the development of a sense of personal importance and the ability to be of use to others. The North Carolina Conference on Recreation for the Aging suggests the following as illustrations of possible activities for the handicapped:

For the blind—handcrafts and music  
The deaf—arts and crafts  
The crippled, paralyzed—painting  
Arthritic hands—table games and certain crafts  
The bedridden—writing, crafts with special materials, table games  
The mentally subnormal—varied, dependent on individual's needs for satisfying experience  
Heart cases—mild and modified activities, photography, modeling (sculpture)  
The chronic or incurable—collections, crafts, to a limited degree

In addition to the contribution which old age groups themselves can make to the needs of the handicapped, there are the resources of the special local institutions which serve all ages with special handicaps. A common affliction is a strong bond, as is age itself, and agencies or institutions serving the handicapped can be especially effective in providing specialized activities or adaptations for a particular group, such as the blind. However, it is necessary to interest such groups in taking part in other programs so that the feeling of isolation from the main stream of community living will not be strengthened.

The San Francisco Center for the Blind, sponsored by the local Lions Club, is an example of service to the aging as part of an over-all service to all adults. Of the four hundred members ranging in age from eighteen to eighty-three, approximately one-third are over fifty. The older members use the Center facilities freely and take part in many of the activities in the following program.

Monday:	Weaving and Rug Making	10:00 A.M.— 3:00 P.M.
	Class	
	Bowling Class (Men)	1:00 P.M.— 2:30 P.M.

Tuesday:	Braille Class	10:00 A.M.— 3:30 P.M.
	Sculpture Class	10:00 A.M.—12:00 A.M.
	Roller Skating Class	1:00 P.M.— 2:30 P.M.
	Dramatics Class	7:00 P.M.— 9:00 P.M.
Wednesday:	General Crafts Class	10:00 A.M.— 3:00 P.M.
	Choral Group	1:00 P.M.— 3:00 P.M.
	Millinery Class	7:00 P.M.— 9:00 P.M.
	Sewing Class	7:00 P.M.— 9:00 P.M.
	Dance Class	9:00 P.M.—10:00 P.M.
Thursday:	Braille Class	10:00 A.M.— 3:30 P.M.
	Sculpture Class	10:00 A.M.—12:00 A.M.
	Bowling Class (Women)	1:00 P.M.— 2:30 P.M.
	Dramatics Class	7:00 P.M.— 9:00 P.M.
	Card Night	7:30 P.M.—10:00 P.M.
Friday:	Swimming Class (Women)	10:00 A.M.—12:00 A.M.
	Typing Class	11:00 A.M.— 3:00 P.M.

Piano lessons are given weekly by appointment. On each Tuesday, a volunteer is at the Center to write letters for anyone who so requests. On Thursday afternoons from 1:00 to 3:00, a volunteer reads out loud from magazines and other selected readings.

Lunch is served at 12:00 noon, Monday through Friday. On the last Friday of each month, a birthday luncheon is held to celebrate all participants' birthdays which occur during that month.

A dance is held on the first Saturday of each month, at 8 P.M. On the second Saturday of each month, a folk dancing group meets at 7:30 P.M., with instruction in the various dances.

A dinner meeting of members and their friends is held approximately every two months, dates announced in advance. Special programs such as plays, picnics, etc., are announced as scheduled.

A piano and typewriters are available for anyone who wishes to use them. Braille typewriters and talking book machines are also available.

## The Homebound

The truly homebound older person has special needs even beyond those of the handicapped who can with help get out into the community and maintain some personal contact with it. They may live with their husbands or wives, with their children or other close relatives. They require a considerable amount of attention from the other members of their families, who have little time left for helping with leisure-time needs.



Helping to meet the needs of this group offers a most rewarding service to the volunteer of any age. It has had a particular appeal to older persons and is a favorite service project with them.

Perhaps the first object of the visitor to the homebound is to identify those who might get out occasionally if their interest were aroused and the necessary escort service and interesting activities or objectives made available. Some of the homebound are isolated because of family inability to take them out during the day, others because of lack of interest or fear of rejection by the community, and some because of over self-protection on their part or the part of their families. A number of those now homebound would thoroughly enjoy the opportunity to go to church, visit friends, shop, attend old age group activities, and in some cases go for short walks. To free the many now homebound, through stimulation of their interest in services offered, would bring a new happiness to many bored, unhappy, and frustrated individuals.

For the many truly homebound, there is a wide range of activities for bringing some joy and satisfaction in living. The organization of a visiting service for purely friendly calls, for sociability alone, is well worth while in itself. Such friendly visits may lead to interesting some shut-ins in making trial-runs into the community. Younger visitors can bring a feeling of contact with the outside world and current happenings. Older adult visitors can bring opportunities for reminiscing and discussing topics of mutual interest to contemporaries.

However, there are in addition many specific ways to help the homebound. They have been touched upon somewhat in the discussion of volunteer service and service projects for old age groups. Friendly visiting and transportation and escort service are of prime importance. Helping with household chores and with making quarters as attractive as possible is a worth-while personal service that means much. Gifts of books, magazines, fruit, games, materials for arts and crafts, are among the services of many groups. Showing of home movies can be a red-letter day for the homebound. Radios and record players are effective means of bringing recreation to the home-

bound. When the family cannot afford these, they are often made available through the generosity of local civic groups.

A daily or weekly newspaper column or radio program has been used successfully to bring to the homebound news and program items of special interest to them. The monthly or quarterly bulletin of the old age club in a number of communities is distributed to the homebound. Birthday and holiday greeting cards are greatly appreciated and some groups supplement these with a correspondence service.

Membership in the local old age club pleases many of those who are homebound even if they cannot get out to meetings or parties. They like the feeling of belonging and it helps to stimulate and relate the club's service activities to their needs. The Evanston, Illinois, Sunshine Club for the physically handicapped and aged has a total membership of 180, of which about one-third are shut-ins. Formal membership in such a group means much in sustaining a feeling of belonging and acceptance.

Some libraries have established special book services for shut-ins, including the provision of talking books and books in Braille. A volunteer book-distribution service working in co-operation with the library can serve the homebound well.

The homebound can make their contribution to the community. Many can participate in simple sewing or toy repair projects, making scrapbooks and greeting cards, or mounting pictures, when the articles assigned to them are properly selected for them.

## **The Institutionalized**

Older persons are residents of several types of institutions—hospitals, mental hospitals, nursing and convalescent homes, and homes for the aged. In many institutions other than the domiciliary ones, recreation is planned and conducted under the close supervision of the medical staffs. Hospital recreation is a rapidly growing profession in the United States with its own professional society and a growing body of experience and resource material. The provision of recreation for these institutions is not being considered here as it is felt that sug-

gestions which might be helpful to the domiciliary institutions are more directly the concern of this guide.

"Over the hill to the poorhouse" no longer applies to the admission of the older adult to the modern home for the aged. The increasingly functional construction of facilities and progressive humane management are breaking down the traditional stigma attached to institutional care of the aged. The public is aware that the modern home of today should not be and in most cases is not a place where older adults, having served their purpose in life, are placed in isolation to pass their remaining years in rocking-chair boredom, merely waiting for the end. The better home of today is a place where older people can go to live, not to die. A sympathetic staff, imaginative and alert, uses both the well planned facilities of the home and the facility and service resources of the community to build a living program for the residents they serve.

The home for the aging can well be the resident club of the older generation. Proper provision for reasonable physical comfort and for personal privacy and communal living, with close and sympathetic ties with the community of which it is a part, can provide the older adult with a full and balanced way of life. It can be a "housing project" for the aged, plus—plus intelligent leadership and guidance in the development of interests and activities which make for more than just a "roof over their heads," however well planned for that purpose the physical structure may be.

Many of the homes of today have achieved or approached this ideal, but some are still rooted in the past through traditional attitudes of aging leadership or fear of the financial costs of adequate services. In many cases adequate interpretation and stimulation from the outside would bring surprisingly good results in expanded programs. It is unfortunate that the modern, progressive home is not more common, because it is the one with the unbelievably long waiting list.

In a report<sup>1</sup> issued by the Minnesota Commission on the Aging, a summary is given of the recreation programs and the attitudes of the managing authorities toward recreation of

<sup>1</sup> *Minnesota's Aging Citizens*, Minnesota Commission on Aging, St. Paul, Minn., January, 1953.



fifty-nine homes for the aged, twenty-nine boarding homes, and sixty-two nursing homes. An encouraging provision of recreation activities was reported, although they are far from adequate. A significant result of this study is the fact that the managing authorities would be willing to co-operate with their communities to bring more adequate recreation to their residents and to other older people in their communities.

Some of these facts which indicate what community initiative and co-operation can accomplish are:

Nineteen administrators of homes for the aged would be willing to offer their homes as centers for the older adults in the community, and twenty-nine would be willing to serve on committees to develop programs for all older adults. Eighteen out of twenty-nine operators of commercial boarding homes stated they would welcome the services of a group worker to plan recreation. The investigators felt that here, however, the operators would not take the initiative but would wait on outside stimulation and leadership. Fifty-five (89 per cent) of the nursing homes would welcome community groups in the homes.

The New York State Association of Councils and Chests includes in a guide to help community groups bring about more adequate living conditions for older people a number of recommendations of value to those interested in recreation:

Each group-care organization should be operated with full appreciation that it is a part of the totality of services available to older persons in the community, and that the community has a right to expect adequate service from an organization whether it is public or private and whether it operates for profit or not.

The organization should know the health, welfare, recreational, and educational resources in the community and how to use these resources for the benefit of the people to be served.

The resident should have maximum freedom of movement inside and outside the institution and in the use of the institution's facilities, subject to reasonable rules and regulations.

Policies regarding visitors and absences should be liberal. The resident should be encouraged not only to maintain ties with his close family, but also to participate in community activities so far as he is able.

Opportunities and facilities for social, educational, and recreational activities should be made available through staff and volunteer



services. The administration's awareness of modern psychological and social work thinking largely determines the extent of development to this end. Group congeniality is essential to the resident's happiness, as are leisure-time activities.

Physical and occupational therapy should be made available as required.

Residents should have opportunities to participate in the management of the organization to the fullest appropriate extent.

They should also be encouraged to do useful work compatible with health and ability.<sup>2</sup>

Progress in nursing and boarding homes apparently lags considerably behind, with future progress dependent on community interest and action rather than on the operators of the homes. Members of boards of managers of aging homes may often be interested where administrative personnel is reluctant to move ahead. Participation of the residents in program planning is still too rarely found. The enrichment of the lives of those living in homes offers a challenge to community leadership. The need is there as well as evidences of a receptive attitude by many institutions. Cost of professional staff leadership is a financial burden too great for most smaller homes but leadership resources are available in the community and they can find no richer field for service.

### Some Program Ideas

There are many ways to meet the activity needs of the residents of homes. The services previously suggested for the homebound are nearly all appropriate for the home. However, the personal resources and capacities of those in domiciliary homes exceed those of the homebound and make a wider variety of activities possible. The following suggestions are offered to illustrate the many possibilities available to the imaginative leader in any institutional home, large or small:

A greeting card with a brand new dollar bill (or a new handkerchief or homemade calendar) is a fine individual birthday surprise to be found by the older person at his place at the table, or on his tray if he is bedridden.

Checkers, dominoes, lotto, parchesi, monopoly, cribbage, chess,

<sup>2</sup> *A Home in the Later Years*, New York State Association of Councils and Chests, New York City, 1953, pp. 13-15.

peggity, rook, and anagrams can be added to the other table games usually played. Also pick-up sticks and lexicon might be introduced. Many old folks have not played some of these games for years so may have forgotten them or would never think to ask for them voluntarily. If they are brought to their attention, however, there might be quite a revival of interest.

Horseshoes, using the lighter rubber ones rather than the heavier regulation shoes, as well as quoits, bowling-on-the-green, and croquet particularly appeal to the men; special traditional games taken from the old countries, such as bocci or curling, might also be introduced, as well as shuffleboard.

A half-hour of music in the evening—some group singing of favorite hymns, or victrola records, or rolls on a player piano—might bring many listeners even though not all would care to join in the singing.

A television set helps—a really good one! If you can't afford it, try to get a local church, civic or social group to contribute it. Arrange programs to suit all tastes.

A movie screen and projector to show movies once a week, if possible, also contributes much. Again, if you can't afford it, perhaps some local group would be willing to bring in the film and equipment.

Reading aloud for a short while directly after dinner, selections to be taken from the fiction library, magazines, the daily newspaper, or other sources, would be of common interest to many.

A book cart on which are books and magazines, as well as supplies for quiet games and perhaps for simple craft projects, might be a very serviceable piece of equipment. Perhaps many more folks would take advantage of reading supplies and game materials if these were brought to them and they could take their choice.

An exhibit of handwork by the older folks might well be displayed in a convenient place. A china closet, bookcase, or discarded candy showcase would serve the purpose and the contents might be offered for sale or just used to demonstrate ways in which the people use their leisure time. Most old people really like to "show off," and such a display might do much to encourage participation in some activity.

There are also many interesting displays in downtown stores, public libraries, museums, and clubs which can be borrowed by an institution for its residents to enjoy. A display of antiques, dolls from various countries, historic relics, quilts, and other fancy work would provide "something to see" and "something to talk about."

A "tinker" shop, where those interested in making things with their hands can "putter around" with a few tools and materials, is often the answer to a real need for interests and activity.

Individual hobbies often include collections of shells, fans, stamps, coins, miniature animals, pitchers, postcards, match folders,

play programs, clippings, etchings, souvenir spoons, autographs, buttons, and tea cups. Besides collections, hobbies may include model building, the many contests sponsored by radio and magazines, writing, tracing genealogies, photography, and crafts work of all sorts.

Surprises are appreciated in any institution, whether it is for young or old. Perhaps a surprise of some sort every two weeks might be arranged—not too upsetting a one! Tea and cookies in the middle of the afternoon, an auto ride, attractive favors for the tables (of course, these should appear every holiday), are a few things which might help inject a little excitement and adventure into the placid routine of the life of these older folks. While they do not appreciate too much excitement and departure from the usual routine of living, an occasional surprise will add something to their day.

A few really “big” days can be added to the program and made as full and as special as possible. The selection of these will depend somewhat upon the predominant religion of the group, but Thanksgiving, the Fourth of July, and Halloween are common to all. An outdoor picnic will make July Fourth a day to remember. A Thanksgiving dinner and a Halloween party are fine for the other two events. Have a costume party! Christmas, New Year’s Eve, Valentine’s Day, Easter, May Day, and St. Patrick’s Day are all full of possibilities. But don’t celebrate halfway; do it well or not at all. Keep it personal and individual—no “wholesale” pattern as the same gift for everyone or the same gift wrappings at Christmas!

The ladies at one home have great fun preparing an annual entertainment to present to their board of directors.

An occasional tea, to which residents may invite their friends from the outside, offers them the opportunity of dressing up in their good clothes and playing hostess.

It is often possible to have the local public library establish a station in the institution whereby new books can constantly be brought in for the use of the residents. The librarian or a volunteer might be willing to give book reviews as well.

It might be possible to work out ways to get contributions of yarn, cloth, thread, needles of all sorts, scrap leather, felt, and other crafts material. Some finished articles can be sold at an annual bazaar.

Service for other people is always to be encouraged and might be carried on through co-operation with a needlework guild, Goodwill Industries, Red Cross, and so on.

Local civic and social groups and local recreation agencies might be encouraged to visit your “home” with dramatic skits, dances, songs, and other forms of entertainment. Also encourage them to invite the older people to their special functions, providing transportation.

Programs brought in for the entertainment of the elderly are particularly enjoyed if children are among the participants. Also, those



programs in which the folks themselves can take part—such as group singing or the reciting of the Scripture—are very popular.

Often, there are troops of Girl Scouts or similar groups which might help by reading aloud to those folks who cannot see or by writing letters for them.

A “community project” can give the folks something to do and also foster a community spirit and morale. This might include making a quilt for the Red Cross, mending toys, making doll clothes for poor children, helping a children’s group make costumes, compiling a scrap-book for use in other institutions.

Auto rides, donated by members of societies or other friends, especially for those folks who have few visitors and few opportunities to get away from the home, are greatly appreciated—particularly when the fall foliage is at its height, at spring blossom time, and at Christmas when outdoor decorations in business and residential sections are so attractive.

Shopping trips are another possibility, particularly if the home is in the country or a distance from stores. Set a regular time for them and a meeting place where folks can assemble for the return trip. Many will wish to go “just for the ride” or for a soda at the drug-store.

Bowls of goldfish or tropical fish are interesting to watch. Such pets as a canary, parrot, parakeet, cat, or dog provide outlets for affection and conversation. If space is available and zoning laws permit, a few chickens or rabbits in the backyard would interest some of the men or women, particularly those from small or rural communities.

If possible, an outlet could be provided for growing things, with certain outdoor space or flower beds given to specific individuals to cultivate. They could be made responsible for cut flowers for the table or lounge. If outdoor space is not available, window boxes, herbariums, potted plants and bulbs could be provided, not to be just looked at, but to be cultivated.

Many of the older people will be glad to have a “quiet room” for prayer and meditation. This could be equipped solely with a few chairs, or a pew donated by a local church, a really good print of a religious painting, and soft lighting.

Friendliness and happiness could be encouraged by providing a real “home” setting—warmth, comfortable chairs, good reading lamps, pretty curtains, good pictures, furniture grouped for congenial conversation.

To summarize: the recreation program can and does help keep residents from becoming isolated from the community; provides them with social opportunities “at home and abroad,” with interesting and useful things to do, and with breaks in the



routine of institutional living; and provides a climate in the home conducive to friendliness and well-being. The keystone of the truly successful program which achieves all the values inherent in leisure-time activity is the involvement of the older people themselves in the activities and service program.

The church can play a very significant role in meeting the leisure-time needs of older persons. A majority of those in the later years have had close lifetime association with the church as communicants and as volunteer workers. These older adults want to preserve their church relationships and in many cases they are the only outside contacts they have. Older men and women who have been active in church life and find themselves being replaced by younger leadership are in great need of substitute activity. The impairment or loss of hearing with its consequent feeling of misunderstanding and rejection is a major reason for the withdrawal of many. Others have a tendency to withdraw from participation in church affairs because of reduced income and should be made to feel welcome without embarrassment because of their changed circumstances.

On the other hand, this is the time when spiritual isolation is most unfortunate for the individual. When coupled with social withdrawal, it leaves the aged with no resources for either happy activity or significant spiritual living. The minister, priest, or rabbi familiar with the needs of his older members can provide a happy combination of services to meet both their spiritual and temporal needs.

The church can open many avenues for leisure-time activities and find new opportunities for volunteer service for its older members among others of their own age group. Some churches have the membership and facility resources themselves to do this. Others can provide a counseling and referral service so that their older members can be aware of and be stimulated to use the resources of community agencies to meet those needs which the limited resources of their own churches cannot serve.

Church leaders everywhere are aware of the problem, and in recent years a number of pioneer projects by churches and religious groups have demonstrated successfully the significant role which the church can play in this area of need. Individual

churches, ministerial associations, councils of church women, and federations of churches have taken an active part in many communities. (Church organizations have also played a prominent part in the development of old age leisure-time programs in the homes for the aged which they operate.)

The basic philosophy and program of the individual church must always determine the extent and type of its services to older people. There are many things, however, that any church can do which are closely related to the spiritual service of the church. There are many older members who cannot attend service, mass, or Bible class because of physical incapacities or other reasons. A volunteer transportation corps or escort service using as many active older members as possible will bring cheer and comfort to many who must otherwise stay at home. One pastor has occasional prayer meetings in the homes of shut-in members; another sends them the adult Bible class lesson material and has other older members of the class call and discuss the material with them.

A volunteer friendly visiting service is a popular activity, as is sending greeting cards and anniversary gifts. Many older members enjoy being taken to performances of religious drama, also to church picnics and socials, even if they can be only spectators. Older homebound members can do volunteer work for their church in sewing, gift-making, addressing envelopes, and many of the other services referred to in the chapter on the homebound.

In serving its active older members, the church may find a sufficient number interested in forming a club group around which a special program can be built. When this is not possible, desirable activities can be planned from time to time around the membership of the senior Bible class, or *ad hoc* committees of older members can be appointed to participate in planning and conducting them.

The special club may lend itself more readily to the extension of the program to nonmembers of the church living within its geographical area of service, when this is contemplated, and may also serve to bring to some of them a renewal of contact with the spiritual which they so often desire but for which they hesitate themselves to take the initiative. When a club group

is the objective, the experiences of other groups throughout the country in administration, leadership, and program, as reported in previous chapters, are generally applicable with appropriate adaptations to meet individual situations.

Many of the activities being provided for community groups of older adults are appropriate for church sponsorship whether there is a church older adults club or not. Many of them can be conducted in the church's own facilities. For the others, ample areas and facilities usually exist in or near the community which the managing authorities would be glad to make available.

Some of the special activities reported by various churches without organized clubs include parties at the parsonage to which shut-ins are also brought, tours in the spring, fall, and the Christmas seasons, picnics, wedding anniversaries and birthday parties, family parties for older members and their grandchildren.

Whatever the church can do, be it little or much, it can relate its older members to other community resources for the use of their leisure time so that the broadest of horizons can be opened to them for happy, creative activity and service to others.

The church has played a large part in the movement for neighborhood and community clubs and programs for all older people. It has interested its members in participating in these programs. Practically all groups initiating activities have called upon churches to help recruit their memberships, and in many cases have successfully invited them to be co-sponsors of the programs. A facility for the program is one of the first major problems the organizer of a neighborhood club program has to face, and the church has responded generously in making its meeting rooms available. It has given the fullest support to these community efforts.

If there is one place where the church has failed to meet its challenge to provide leisure-time service to older adults, it is in taking the initiative to see that these needs are met either within the church program or in the neighborhood or community at large. The most active leadership at present seems to be with auxiliary agencies of the church such as councils of



church women. Many opportunities for service are open to the church in the broad program of leisure-time activities for the aged. Its active leadership is vital if a full measure of success is to be achieved.

There is a steadily increasing interest on the part of church leadership in taking active steps to serve the older adults more adequately. The publications of national church organizations are devoting more space and attention to these needs and church conferences are giving more and more attention to them. The National Council of the Churches of Christ in the United States of America is keenly aware of the problem and is initiating procedures for the development of these services in churches throughout the country.

## Rural

The recreational interests and needs of people are the same whether they live in rural or urban areas. The specific activities and the ways of conducting them may differ, but the desire to make and enjoy music, to play act, to find rhythmic expression, enjoy nature and the out-of-doors, and to be a part of neighborly social living is as strong in the open country as in the city. Rural America has always had its arts and crafts, its traditional folk music, games and dances; its husking and spelling bees and barn raisings. It has built social living around the church, the school, the Grange, and the county fair. Finding fun in family groups traditionally has been one expression of the strength of the rural family in American history.

In recent years rural living has changed the recreational pattern of the open country. The mechanization of the farm has broken down the patriarchal family unit. Youth leave the country in increasing numbers. Older adults retire to nearby villages or warmer climates. The automobile, telephone, radio, and now television have done away with the isolation of the past. Recreation interests are more and more becoming the same as in urban areas.

However the recreation interests of our rural people have

changed, they still meet them on a simple and more informal basis of organization than is found in the cities. Many of the recreation programs provided by special agencies in urban areas are provided as a part of the program of the traditional rural organizations. They do not need and cannot support the more elaborate and complex organization procedures of the city. The old people themselves have lived their lives in a rural social setting where individuals were of necessity self-sufficient, where the family, church, and school were the chief centers of what leisure-time activities they had the time to pursue. Where organization is needed, it can be developed in the form of a simple town or county council for the stimulation and co-ordination of activities. Such a council should be a part of the larger and more inclusive council where one exists.

Dr. Roland L. Warren, Associate Professor of Sociology, Alfred University, in a report<sup>1</sup> on a study made of 143 older persons living in a western New York rural farm and village community brought out a number of illuminating facts bearing on the leisure-time attitudes and needs of the older rural adult and some factors involved in meeting them.

Eighty-eight said they had one or more hobbies, while sixty had none.

A majority are regular radio listeners, the men averaging a little under and the women a little over two hours a day.

The daily average reading time for those whose eyesight is not impaired is two hours.

Only one out of three expressed a desire for a club for older people.

Less than half belonged to any organization, the main reason being physically unable, lack of interest, and lack of transportation, in that order.

Forty-four do not go to church at all, ninety-two average thirty-six times a year.

<sup>1</sup> "Old Age in a Rural Township," *Age Is No Barrier*, New York State Joint Legislative Community on Problems of the Aging, Legislative Document No. 35, 1952, pp. 155-166.

Friendly visiting has declined since the age of fifty largely because friends have passed away or have moved from the vicinity.

A majority prefer the company of their contemporaries to that of younger adults.

The things in their present life which give the greatest satisfaction are children and grandchildren, hobbies and pastimes, housework or employment, and religion, in the order named.

The Agricultural Extension Service has necessarily been concerned with those younger people who will have an opportunity to use the things they learn over a period of years. However, through the work of its home demonstration agents in servicing rural family living in all its phases through its 50,000 clubs, and through its help to rural communities in their local library, community center, and similar projects, they have indirectly made a substantial contribution to the older rural population.

There are many ways in which they can increase their contribution to living in the later years. In working with younger adults they can help them to prepare for their leisure time in later maturity. Home demonstration agents can do more friendly visiting with older members in the homes they visit and can stimulate their attendance at town and country gatherings by including in them some items of special interest to older people.

One state director of the Extension Service has expressed his dream of a camp for older rural people at the 4-H Club campsite. Such a camp would provide many of the usual camp experiences, with lectures and discussions on how to live gracefully in old age. As he summarized what he has in mind he would: "Feed 'em, sleep 'em, entertain 'em, have them make new things to take home, give them a new skill or knowledge which they can take home and which will be useful to them."

The Grange, the Farm Bureau, and the Farmers' Union can serve through their social programs, discussions, and dramatic programs. State colleges and universities have unusual opportunities to help through their wide variety of extension programs, which can bring to the older rural people many

opportunities such as those in arts and crafts, collecting folklore, learning, singing, and playing the songs and music of the early days of the open country. Many states have leadership training and adult education programs which can be used effectively in meeting the leisure needs of older rural adults.

Rural libraries and bookmobile services can help tremendously by giving special consideration to the reading needs of older people. State and county park and recreation areas can provide facilities for family and other group picnics and outings. The many rural community houses can become focal points for free-time activities by extending their facilities and program services to older people.

The small town center of a rural area usually has traditions and habits which can be utilized to develop leisure activities and interests which continue to meet the needs of the older adults of the community. The following from a story by Arthur Baker of a group in Bowmanville, Ontario, Canada, recounts the growth of an informal "cracker-barrel" activity into a continuing social and educational activity:

Some twenty-seven years ago, a coterie of retired farmers began to foregather in the office of Lew Wood, Bowmanville implement dealer. They were sort of "lost souls" living in town who had much time on their hands after caring for gardens and chickens, their remaining hobbies. They talked politics, farming, local government, or what have you and thus continued mentally alert.

Soon the retired business men of the town began to drop in and things really warmed up in the way of political discussions. At meal times all went home with good appetites, stepping high as they reviewed how they had won arguments. After an afternoon nap, back they would come for further verbal battles, eager as school kids.

This about sums up the genesis of the Wood Senate of today. When Mr. Wood retired, the oldsters pooled their resources and took rented quarters. For some years past the "Senate" has had a membership of a hundred or more retired men and their younger friends who come in to garner wisdom from the talks and arguments of oldsters steeped with experience.

A library was assembled to include government blue books, official directories, farm journals, daily and weekly newspapers, so that debated points can be settled straight from the records. Card tables are the convenient accessories for "cooling-off" periods. Euchre, hearts, checkers, and crokinole offer familiar outlets for a new avenue of combativeness.



Seeking other means of employing energies, the "Senate" opened a tourist bureau, secured literature from government agencies, and each summer the spry old retired gentlemen get much pleasure from meeting and directing visitors from the U.S.A.

One section of the membership has been designated the "Evergreen Club" and consists of men over eighty years of age. A fund is maintained for sending flowers and delicacies to any who may be ill, and wreaths are sent in honor of those who pass on. A Christmas tree is an annual event, from which presents are showered down on the pleased "evergreen" contingent.<sup>2</sup>

There are still many individual recreations and hobbies which rural folks can continue into old age—fishing, hunting, gardening, sewing, woodwork, puttering, and others which they can readily acquire, particularly in the craft field. Discussion of current events has always had a large part in rural life and, as reported by Mr. Baker, will continue to be as popular as ever, perhaps more so in the retirement years.

Older rural adults also want to serve. They want to feel needed, as do their city contemporaries. There are service projects open to them for which they should be used. They can teach rural youth the safe care and use of firearms, trapping, how to tie flies, fly and bait casting, and other tricks of the trade known to all good hunters and fishers of the open country. They can also teach and lead younger groups in quilting, sewing, rug making, carpentry, and the many other crafts. They can sew for the Red Cross and help in other community campaigns. They can help with church suppers and food sales, make scenery and costumes for the church or Sunday School play.

Although rural old people may have more experience and more resources within themselves and their families than their city cousins may have, there are many ways in which they need help and in which the rural service organizations, public or private, can contribute to the fullness of their later years.

<sup>2</sup> Arthur Baker, "Recreation for Retirement," *Community Courier*, Toronto, Can., August, 1950.

# 13

## SPECIAL AGENCIES: BUSINESS AND INDUSTRY; LABOR

Recreation, adult education, and other leisure-time opportunities for their employees have long been a matter of concern to business and industrial management. Its earliest manifestation was the company program usually established as a welfare program to keep workers satisfied. Initiated and maintained by management alone, it generally followed paternalistic lines. As union organization of workers increased and as labor legislation was passed which forbids the use of recreation and similar programs as considerations in labor-management negotiations, the programs became more and more joint enterprises of workers and management under the auspices of worker controlled clubs or committees or labor-management committees.

Leaders in business and industry also are giving more and more attention to community resources for the recreation of their workers and their families when selecting cities for new plants or when transferring operations to a new community. There is an important and sound trend also toward planning and working with communities in developing company recreation programs. Leaders are becoming aware of the necessity for full leisure-time living for the employee and his family. They realize that the morale of the worker can be no greater than the morale of his family, and that this morale depends upon community resources available as well as special company facilities and services. The worker is a member of a family group, frequently of a union, a church, and a fraternal order. He has his friends and neighbors other than his working companions within the plant or office where he works.

The present tempo of retirement and pension systems has stimulated many companies to extend this interest in their employees to what happens to them after they retire from paid employment. They are anxious to do what they can to help their employees graduate from active employment into a post-graduate period of leisure living which will bring with it a full

and satisfying use of the active interests and skills they have accumulated during their earlier years.

Retired workers are welcome to continue participation in company recreation programs, and special events and activities are frequently provided for them. The most important current development, however, is the rapid increase in the pre-retirement plans being initiated by companies all over the country. The prevailing methods are individual counseling programs and pre-retirement seminars or discussion groups.

Pre-retirement programs usually attempt to give each employee an understanding of the problems he will face in personal finances, health, and use of leisure time to stimulate organized thinking toward a suitable post-retirement plan for living, and to generate some action on this plan before the time of actual retirement. Workers are usually keenly aware of the need for financial planning and are aware of the health aspects of older maturity. They are not usually as greatly concerned about what they will do in their spare time, either because they do not appreciate how extensive this will be or because they assume they will be happy just not working, or doing from time to time whatever of interest happens to come their way. Also, many do not want to retire; they face serious financial situations which drive all other concerns from their minds.

It is important, therefore, that all pre-retirement plans give special attention to leisure-time problems, even though the workers at the time may not appreciate their importance. It is essential also that the full resources of all community agencies and services be interpreted to older workers. The company should provide adequate opportunities for continual association of retired workers with their former friends still on the job, through participation in appropriate company recreation, education, and service activities. This alone is not enough if more than a fractional success is to be achieved in helping the retired to get the most out of their larger leisure.

The value of pre-retirement courses is emphasized by Dr. Wilma Donahue of the University of Michigan, who reports that 77 per cent of the employees taking an eight-week course on "Preparing for Retirement," open to employees of Detroit

Edison fifty-five years of age and over, and their wives, stated that the course had changed their thinking about retirement, in some cases fear of old age having been replaced by confidence in its potentialities. She also points out the need for relating retirement counseling to community resources, stressing the fact that no matter how good the plans of industry and unions may be for preparing workers for retirement, they cannot be successful unless the community itself is involved.

Industry is also devoting a great deal of attention to the possibilities of special retirement centers, particularly in the warmer climates. Several research and planning projects are now under way in Florida.

The Florida State Improvement Commission launched a Retirement Research Program in 1949 to focus attention on and seek solutions to the problems of the aged in the state. One of the projects undertaken was a study, in co-operation with the Florida Engineering and Industrial Experiment Station, to determine whether the retirement village idea is practical and acceptable to older people, and if so, to develop a plan for an engineering study of the problems involved.

The plan, published in December, 1952, reports that the retirement village idea is acceptable to older people and states:

If a village were constructed on the findings, it would be located in the suburbs of a Florida city of 50,000 or more. One-eighth to one-fifth of the inhabitants of the village would live in an apartment house, while the rest would live in separate one-story dwelling units. . . . More than two-thirds of the village citizens would take part in a planned program of recreation.<sup>1</sup>

This favorable response on the part of a large majority of the older people indicates a need for recreation services for them.

The Industrial Relations Center of the University of Chicago is conducting a three-year research project, in co-operation with seventy industrial concerns, to test the feasibility of trailer park living for retired persons in a trailer park laboratory at Melbourne, Florida. The object of the program is to

<sup>1</sup> Richard S. Sahlie, *Retirement Village Planning for Florida*, Retirement Research Division, Florida State Improvement Commission, Tallahassee, Fla., December, 1952.



define and evaluate the problems of maturity and to study the reaction of older people to community living in a trailer park. The findings will be used in industry and in adult education programs being formulated by the Center to assist industrial companies to aid individuals in planning and preparing for retirement.

At the outset twenty-four trailers were set aside for controlled study, to be occupied by retired and soon to be retired couples, the latter being selected by northern industrial concerns. Each group of couples will spend several weeks in the park. In order to maintain a typical trailer park environment, the park will be open on a selective basis to other trailerites, not retired couples, who wish to rent space in it.

The Center is also conducting a similar study of mobile living in a large and long-established trailer park for retired persons at Bradenton, Florida. Both projects are part of an extensive retirement research program under the direction of Dr. Ernest W. Burgess. Research findings will eventually be incorporated in a broad program of pre-retirement planning and preparation. They will be used to provide the content for twelve conference sessions, supported by booklets, motion pictures, and other technical aids, to be held among the employees of the participating industrial companies. One of the sessions will be devoted to "The Satisfying Use of Leisure Time."

The purpose of the program is to help the individual make the most of maturity and is built around the philosophy that retirement is a graduation to a new phase of living rather than a turning-out process. It is designed to help employees accept the idea of retirement, to stimulate thinking and planning toward that end, and to encourage constructive action.

Eventually the laboratory trailer park at Melbourne will establish complete facilities for recreation and entertainment. A recreation hall has already been erected for social functions, movies, lectures, and conferences in which the social, economic, and personal problems of retired couples will be studied. There is also a hobby shop building, with wood and metal power tools provided, in recognition of the fact that many retired workers will be production craftsmen used to working with their hands. One objective of the study is to

determine continuing abilities, attitudes, and capacities after retirement.

Fishing plays a large part in the retirement plans of many men, so a boat landing has been provided for river fishing to supplement the surf casting available from the beach on the Atlantic Ocean. Plans call for a nursery, a ceramics shop, painting class, and facilities for shuffleboard, volley ball, horse-shoes, and similar sports.

## **Labor**

Organized labor in recent years has been concerned with being more than just the bargaining agent for its members. It is interested in their health, education, and other aspects of daily living. It has taken an active part in the development of community recreation and education services through active support of public bond issues and tax budgets for these services, and in Community Chest and other campaigns for financing the program of private voluntary agencies. Some have organized their own union programs to supplement community resources.

Today this interest of labor unions in their membership extends to retired employees. Some invite retired workers to continue to attend meetings and to serve in union activities. Some have special programs in recreation for them and the members of their families. Others are making careful studies of the needs and wishes of their retired and "pre-retirement" members as a basis for program planning.

Mr. Sol Stetin, Director, Pennsylvania Division, Textile Workers' Union of America, CIO, reported at a meeting of the National Committee on the Aging of the National Social Welfare Assembly on the Retired Members Clubs organized by the Union for retired employees of the American Viscose Corporation in Marcus Hook and Lewistown, Pennsylvania. In Marcus Hook both union and nonunion workers joined the club. The president is a retired nonunion foreman. The club meets every two weeks, business and social meetings alternating. In Lewistown a car pool takes members of the club to meetings. Special facilities have been provided for their activ-

ities, which include picnics and trips to the seashore. The club has an active sick and birthday committee.

As a result of participation in club activities, members have become more active generally in community affairs. The development of these clubs has also increased the community's understanding of the genuine concern the union has for its members even when they are no longer active and cannot pay dues. Mr. Stetin reported that the clubs have been the most inspiring thing that has happened in the local unions and have had great influence on the unions' morale.

The International Recreation Department of the UAW-CIO administers a program for retired members under the supervision of Miss Olga M. Madar, director of the department, and with the full co-operation of the Detroit local unions and regional offices. It is open to all members of sixty years of age and over, and their families and friends. The staff of the International Recreation Department is assisted by a staff coordinating committee of the various service departments of the UAW and by a retired workers' steering committee of about forty members who actively participate in planning and conducting the program.

An average of fifteen hundred people meet monthly in five different locations, and the average attendance at a city-wide event is two thousand. There is as yet no membership fee, the program being financed from that portion of union dues set aside for the recreation fund and by contributions from local unions. Monthly meetings are held in union halls and rented quarters, and city-wide events at International Headquarters of the UAW, Belle Isle Park, and other appropriate available centers.

No great difficulty was experienced in recruiting participants in the program. They want to continue to be affiliated with and active in their unions after retirement, even more so than when they were working. Their increased leisure and their need and desire to belong to a group are largely responsible for this. Most of the participants are men, but the attendance of wives and friends is steadily increasing.

The program is not confined to strictly recreation activities but includes discussion meetings on topics suggested by



the steering committee. The problem faced by UAW is not one of securing greater participation but of developing small group activities. More full-time professional leadership, more trained resource people, and more facilities are needed to achieve the broader program desired.

An experimental center has been opened recently and if successful, additional centers will be developed, and efforts are being made to make more individual attention possible for the participants.

The extensive education and recreation program of the International Ladies' Garment Workers' Union has achieved national recognition. It has recently turned its attention to the problems of retirement facing its members. As a first step in planning a retirement program, the Union undertook an "interview" study, in co-operation with the Institute of Psychological Research of Teachers College, Columbia University, and the Federal Security Agency (now the Department of Health, Education and Welfare), of a sampling of actively employed members (204), applicants for retirement (216), and retired members (240). A large majority of those interviewed were men.

Of the retired men included in the study, 50 per cent like retirement; of the women, 67 per cent. Only 25 per cent of the women and 37 per cent of the men reported that they had done anything to plan for retirement, and only 5 per cent of the men and 17 per cent of the women made any preparation other than financial planning. Nearly one-half of the retired members reported better health since retirement, only 18 per cent poorer health.

All groups voted overwhelmingly that it would be a good idea for the Union to open a center "where retired workers could get together for recreational card games, meet their friends, 'schmooze,' and have a good time." About three-quarters of the retired men and one-half of the women said they would come to such a center if opened. The percentages were higher in the cases of men and women on the job and of those applying for retirement. To pass the time and to see friends were the main reasons given for wanting a center. Educational activities, games, radio, TV, movies, social activities, and refreshments were listed in the order named as what they



would want to have in such a center. Thirty-one per cent did not know specifically what they would want.

As in the case of management, labor should take every opportunity to educate its members to the importance of the positive use of their leisure time to their physical and mental health, to their emotional stability, and to the full enjoyment of their retirement years. Labor also should give full consideration to the use of community resources, developing its own program as a part of community services and not as a substitute for them.

Emphasis has been placed throughout this presentation of leisure-time services for older adults on the need for a broad range of activities based on the individual needs and interests of those to be served; on the need for broad community interest, co-operation, and interplay of services; participation of older people in planning and conducting programs; the vital importance of continuing, competent, professional leadership supplemented by volunteer service from within and without the groups; attractive, appropriate facilities; good public relations; and in general no membership restrictions except possibly a minimum age.

Since specific local examples have been kept to a minimum throughout, this chapter is devoted to the citation of over-all local programs of various types and under different auspices, as evidence that these principles are proven principles and can be used as sound guides by any individual or group interested in initiating similar services for the senior citizens' group.

The examples selected are not presented as the only good ones or the best. They are given purely as examples of sound planning and practice. Many others might well be added or substituted for those which follow.

### **San Francisco Senior Center**

In 1947 the Group Work and Recreation Council of the San Francisco Community Chest completed a survey which revealed that there were a great many retired people over sixty, most of them with small incomes and living in downtown hotels and apartments. Sometime before the survey a retired salesman living alone in a hotel room persuaded a journalist to put a small notice in an evening paper inviting older adults interested in banding together for sociability to contact him.

The response was greater than expected, but the group met frequently wherever they could. When the American Women's Voluntary Services accepted the responsibility in 1948 for sponsoring a program for older people, its initial members were drawn from this group. Today it has more than a thousand members.

The Recreation and Park Commission made available for the Center the Blue Room and adjoining kitchen in the beautiful Aquatic Park Building. Later the city dedicated a new Craft Shop on the beach floor of the building for the program, as a gift of the city to its senior citizens. After three years of sponsorship by the A.W.V.S., with foundation grants and individual gifts, the Community Chest assumed responsibility in 1952 for the administrative budget of the Center. Program expenses are met by voluntary contributions of members. The Recreation and Park Department provides the salaries of two part-time professional leaders and the Adult Education Department of the schools, teachers for skill and hobby classes. The Community Chest budget makes possible the full-time employment of a trained director and experienced counselor.

The Center now has four neighborhood branches with their own programs, supplemented by participation in the Center activities on Fridays and Sundays and in all city-wide events. These branches have more than two hundred members and handle their own moneys.

Membership participation in program planning is emphasized by the Center and contributes a great deal to its success and to the satisfaction the members find in Center activities. Program planning is based on the premise that old age is not a unitary period, and the interests of any group are as broad or as narrow as the life experience of the members. There are no interests that are necessarily common to people just because they have celebrated sixty birthdays. Program content is determined by a careful process which includes the use of check lists and discussions so that all members may express their interests. It includes class groups as well as informal activities. Volunteers from the community lead the following groups:

Red Cross First Aid  
Lawn Bowling  
Creative Writing  
Newspaper Staff  
Flower Arranging

Stretch and Relax  
Canasta, Bridge  
"Cooking for One"  
Knitting for Veterans  
Bazaar Sewing

Class groups, taught by teachers from the Adult Education Department of San Francisco Schools include:

Drama  
Glee Club  
Millinery  
Dressmaking

Spanish Conversation  
Personality Development  
Social and Folk Dancing  
Forums—Current Events and Problems  
of the Aging

In addition, activities such as a poetry group, community singing, the Center orchestra, Sunday afternoon programs of entertainment, monthly birthday ceremonies, and holiday parties have their place on the program. And then there are the informal activities—games, movies, social dancing, visiting with friends, reading.

During the spring and summer months a series of outings are held, such as picnics in Golden Gate Park, a cruise on San Francisco Bay, a day's visit to a group in another community, an annual outing.

The Center members participate in numerous community service projects. These have included:

Serving as office helpers at the National Public Health Conference;

Two cookie showers for the men in Letterman General Hospital;

A collection of clothing for Korea;

The making of some twenty-four knitted quilts and afghans for veterans;

The piecing of some twelve silk quilts for women veterans;

Serving as volunteers at the Veterans Administration Building, the Community Chest, Red Cross, Civil Defense, A.W.V.S. Headquarters, and Fort Miley Hospital.

The Needlework Guild group produces baby garments; the orchestra has entertained at homes for the aged.



In a Friendly Visitor program which has been initiated, members are responsible for visiting former Center members who are no longer physically able to attend the Center, and inviting them to participate if possible in monthly Homebound Day Out when individuals will be brought by a motor corps to the Center.

Members of the Center have also served by co-operating with two research fellows from the University of California on comparative studies of the attitudes of youth and old age, and on speed and accuracy in performance on a mental test. Such co-operation with University research studies is a real contribution that the Center can make in the whole area of learning more about older people.

The Center has had excellent publicity through co-operation of all local newspapers. Members have appeared on television and on radio programs.

The history of the San Francisco Senior Center reflects many of the principles of success: interest on the part of older people; a broad base of community co-operation on the part of citizens and public and private agencies; a Center and program to meet all interests and available most afternoons and nights; and the active participation of the members in program planning and Center operation. The operation of a city-wide Center and program and four neighborhood club programs makes available to older people the advantages of both types.

### **The Milwaukee Program**

In 1941 the recreation department of the Milwaukee Public Schools organized a club for older persons residing in the Parklawn area on Milwaukee's north side. Shortly thereafter the Community Welfare Council, then known as the Council of Social Agencies, appointed a Committee on the Aged to study the need for recreational opportunities for older people. In 1945 a Committee for Recreation for the Aged was created and experiments with several groups were conducted. Eventually the first Golden Age Club was formed. In 1949, the recreation department appointed a full-time director to promote, organize, and conduct a year-round recreation program

for older adults. In 1952 more than thirteen hundred men and women were active in this city-wide organization, with twenty-eight clubs, twenty-four of which meet regularly in the social centers of the recreation department, three in private agency community houses, and one in a parish church.

Anyone sixty years of age or over is eligible for membership. Meetings are held weekly. Each group elects its own officers, has various committees which help in planning the programs and activities of the club, and conducts its affairs in the same manner as any private organization.

Membership is recruited through the Family Service, Visiting Nurses' Association, American Red Cross, neighborhood churches and synagogues, homes for the aged, referrals from public agencies, letters and invitations to individuals, by word of mouth, posters, and bulletin board announcements, by press, radio, and television.

The club is a substitute for a family in many cases. A pleasant greeting, a hearty handshake, a birthday party, an anniversary celebration, a get-well card, are all events of tremendous importance.

On meeting days, the early arrivals play chess, checkers, dominoes, or other games; listen to the radio; visit or read. These activities offer splendid opportunities for social contacts, fun, companionship, and new interests with people of their own age, and they verify the club's slogan, "Fun Doesn't Stop at Sixty."

The organized programs for club meetings are closely related to the particular needs of their members. Music, drama presentations, and movies are popular program numbers, and formal meetings are followed by coffee and cake. A small box on a table, for voluntary contributions, in most cases is sufficient to pay for a club's refreshments, to purchase get-well cards, and to defray other miscellaneous expenses. This procedure gives the members a feeling of independence and self-sufficiency.

Special club events include birthday and anniversary parties for members, holiday parties, community singing, old-time dancing, and educational tours. In addition to visiting shut-in or sick members, each club has service projects, such as mak-

ing blankets for disabled veterans; planning, providing, and helping conduct children's holiday programs; and making table decorations for the social center's community parties.

When a club is first organized, the members want to be entertained; it takes a little time to move them from passive to active participation. Older people are quite rigid in their behavior patterns; therefore, the program content must be geared and tempered to their pace. As group participation and responsibility slowly develop, the members come to rely more and more on their own abilities. That is why the members of committees responsible for serving refreshments, visiting shut-ins, and performing other tasks are changed often.

Of major importance is an All-City Council composed of two representatives from each of the Golden Age Clubs. This council forms the planning and steering committee and does most of the co-ordinating for the all-city activities. The group meets the first Monday of each month. Officers are elected annually and consist of a president, vice president, and secretary. This "governing body," as the council is sometimes called, is very democratic and the programs planned are determined by the expressed desires of the members and the available facilities.

The All-Club Council assists in the planning of programs which bring the members of all the clubs together for such events as picnics, concerts, card tournaments, entertainments. The Golden Age Club News is published regularly and includes news items about individual clubs and members, original songs and poems, human interest stories and letters. It is distributed to the entire membership free of charge. This year the council sponsored a dramatic production entitled "The Gay Nineties," planned and produced by Golden Age members. The department provides a central hobby shop which provides an opportunity for all who desire to renew old skills or learn new ones.

The backbone of this entire program is its leadership. One full-time recreation director devotes her entire time to promotion, organization, and supervision of these clubs. She is assisted by two full-time recreation instructors and several part-time leaders, who are trained in handicraft, music, arts,



and game and party planning. It represents also initial co-operative community planning, breadth of program, and member participation.

### **Kansas City, Missouri**

The first Golden Age Club in Kansas City was started in 1947 by the Recreation Division of the City Welfare Department at the suggestion of the Community Council of Kansas City. Church and civic club groups sponsor the different clubs and provide refreshments for them. The Recreation Division administers the program and has assigned a full-time director and several part-time staff members to it. Volunteer leaders from sponsoring groups are used in the club program, but most of the volunteer service comes from within the clubs. The membership totals 750, with an average attendance of 470 at the weekly afternoon meetings held in churches and community buildings. Any man or woman over sixty is eligible for membership.

In Kansas City, no two Golden Age Clubs are alike. As new clubs are started, the recreation needs of the group are discovered and programs are built around them. From time to time, new activities are introduced. As there are many activities which are considered worth while, but where no one club has sufficient interest to sustain them, these activities are offered on a city-wide basis, with each club sending its interested members. Examples of these city-wide activities are the Golden Age Chorus, craft classes, creative writing and drama groups, and camping. Programs in individual clubs include games, singing, square dancing, special entertainments, projects to help others, bazaars, picnics, hay rides, and radio programs.

This is a brief summary of a program which provides for neighborhood and city-wide services, broad community planning, and extensive use of members as volunteers.

### **Hyde Park Y.M.C.A., Chicago, Illinois**

In December, 1949, the Hyde Park Y.M.C.A. initiated as a part of its family of services offered to the community a program for older adults, with a full-time person as director,



and as a first step created the Hyde Park Seniors as a community-wide organization. A contribution from the New Projects Fund was granted by the Chicago Y.M.C.A. toward its support.

The Hyde Park Seniors is not a political or a social welfare organization; it is deeply interested in matters of concern to Seniors—social, civic, educational, economic, and recreational. A well-rounded way of life for Seniors is a major objective of the organization.

It is the policy of the Hyde Park Seniors to encourage the formation of general and specific interest clubs and to secure as wide a participation in them as possible. A club may be organized for the general purpose of providing fellowship, service, discussion, and recreation or for the purpose of furthering a specific interest such as music, art, photography, and discussion.

The Hyde Park Seniors is an organization developed according to accepted principles of administration. Its affairs are conducted by selected members known as a Council, and it operates on a budget. It holds regular meetings to transact business and to participate in programs.

Leadership is drawn as far as possible from the members. In a real sense it is an organization *of seniors, by seniors, and for seniors*. The development of its structure and its life is a project in itself, affording challenges to those who participate. It is not expected ever to be fully matured. As it understands the needs of Seniors more fully, it adjusts its objectives and program.

The standing committees of the Council and what they are concerned with are:

*Finance*—Budget and financial structure

*Facilities*—Availability of suitable places for activities

*Affiliate Groups and Projects*—Promotion of groups and community-wide programs

*New Members*—Recruiting and orientation

*Publicity*—Materials for release through appropriate media

*Membership Welfare*—Health, social, economic, and other aspects

*Council Program*—Programs for regular meetings of the Council

*Library*—Pertinent publications and new information

The membership in 1950 was 21; 1951, 82; and 1952, 112. Through a flexible organization a variety of groups exist around special interests, such as a luncheon round table, folk and square dancing, music, art appreciation, and crafts. (These can be added to or subtracted from as needs indicate.) Certain special events have now become regular events, namely: an institute, titled in 1952, "Our Later Years"; a luncheon in the spring honoring persons eighty years of age and still active; Talent Night in June, Seniors taking part; Annual Dinner in the fall; Annual Bazaar in the fall; and bimonthly parties.

Although the Hyde Park Seniors has wide powers of independent action, it has specific ties to the Hyde Park Y.M.C.A. under whose sponsorship it exists. One or more of its members is designated as a member of the Program Services Committee of the Hyde Park Y.M.C.A., and the officers and budget of the Hyde Park Seniors are subject to approval by the Board of Directors.

The Hyde Park Y.M.C.A. has demonstrated successfully the need and values of special programs. It presents an example of how an agency can launch a group with common interests, help it to become financially independent, and tie it in to the over-all community services of the agency.

### **Philadelphia Center for Older People**

For 154 years the Female Society of Philadelphia for the Relief and Employment of the Poor conducted a sheltered workshop for women "unable for laborious employment." In 1949, in consideration of the changing needs of the community brought about by the increasing life span and the new status of elderly people under public old age assistance, it became obvious that the community could better be served by shifting

the emphasis from economic assistance to the fields of counseling, health, education, and recreation. The sewing room was subsequently closed and a new project undertaken, called Friends' House for Older Neighbors, a clubhouse providing leisure-time activities for men and women over sixty-five years of age.

The new program was started in June, 1949, under the name of Friends' House for Older Neighbors (now the Philadelphia Center for Older People) and with the co-sponsorship of the Friends' Neighborhood Guild and the Community Chest. The program is interracial, with a minimum age of sixty the only requirement for participation. The Center has a membership of about 140, with an average daily attendance of nearly 50. The Center building has two floors and a basement. It provides six activities rooms, an office, staff room, lavatories, and showers.

One of the clubs, the Busy Bodies, meets three mornings each week to sew for hospitals and other Red Feather agencies, and remains on Wednesday afternoons for their own social hour, for which they plan entertainments, trips, and parties.

Monday afternoons the men and women of Clef Club meet for a program that includes music appreciation and active participation in music making.

Tuesday afternoons the Newcomers' Kaffeeklatsch offers a social time for non-English-speaking refugees from Central Europe. Many of the members of this group come from distant parts of the city to enjoy the companionship of their fellow countrymen.

Wednesday afternoons the Elders' Forum is held. This is a very popular discussion group which meets to study problems of modern city living as they apply especially to older people and to widen cultural horizons.

Every other Tuesday afternoon there are movies, and every Friday men and women enjoy table games and group activities in the Game Room.

A very popular new activity is square dancing, conducted every other Monday evening by a "Golden Ager." This is one of the best attended and most thoroughly enjoyed activities of the entire program.

A significant development was the formation of Friends' House Council, a co-ordinating and planning body made up of representatives from the eight groups of Older Neighbors which meet at Friends' House. The Council meets alternating Mondays and, with the help of the director, formulates general policies for group activity for the whole membership of Friends' House. The Female Society has thus established the principle of administrative co-operation and planning with the men and women for whom Friends' House exists.

Recent special events to which the entire membership was invited included the Shriners' Circus, a program at the Planetarium, visits to television studios during broadcasting, the Cultural Olympics, three concerts of the Philadelphia Orchestra, summer day trip on the Wilson Line, and the Flower Show. Most of these were available by free admission. At Thanksgiving and Christmas, about one hundred men and women were served holiday dinners, prepared and served by Friends' House and Guild staffs assisted by members of the Female Society and friends. The Busy Bodies had a Valentine Party for which they planned decorations, entertainment, and refreshments, and the Kaffeeklatsch held a similar affair at Easter time.

Volunteers at Friends' House range from child entertainers to board members and include professional men and women, housewives, artists, teachers, and, perhaps most important, the members themselves. The Center depends upon three kinds of volunteers:

1. The group leader who conducts a regular program, usually weekly, to call square dancing, teach a class in music or sewing, or conduct a luncheon club.
2. The lecturer, artist, storyteller, or professional person who may meet or consult with a group or entertain the membership one or more times a year.
3. Those who may be called upon whenever help is needed to wrap Christmas gifts, act as hostesses for special events, serve as auxiliary leaders for excursions, and organize and drive in the motorcades for picnics and special trips.



In one year 155 people gave their services to Friends' House and the director reports that the program would have been impossible without them.

Here is an example of pioneering in a new field by an old-established agency which had the courage to re-examine its traditional program and set its sights for an effective attack on one of the growing current needs of its community.

### **The Jewish Community Centers of Chicago**

The Council on the Care of the Aged and Chronic Sick, Chicago's co-ordinating council for the agencies of the Jewish Federation, of which the Jewish Community Centers of Chicago is a member, organized a subcommittee in 1944 to study and develop a recreational program for older people. Because the Council believed that the leisure-time interest of this age group could best be served by an agency specializing in providing for the recreational needs of the community, they recommended that the Jewish Community Centers establish a group work program for the aged. The Jewish Community Centers initiated its program for older people in January of 1946. It was at that time that the first old age group was started, on an experimental basis, at the Jewish People's Institute.

This experiment proved so fruitful that eight similar programs have also been set up at community centers and religious congregations. A second group has also been organized at the Jewish People's Institute on the West Side. Besides the two groups at the J.P.I., three special interest groups convene there: a crafts club, a history and current events class established in co-operation with the Chicago Board of Education, and a choral and rhythm band group. For the past four years the Jewish Community Centers has also conducted a two-week pre-season summer camp program. It also provides two full-time workers, one each, at the two old people's homes associated with the Jewish Federation of Chicago.

Groups meeting in religious congregations are co-operatively sponsored by those congregations and the Jewish Community Centers. There are varying degrees of co-sponsorship,

such as equal responsibility by congregation and centers, partial responsibility, and provision of a physical facility only. The Loyola Field House, one of the Chicago Park District Community Centers, provides meeting facilities for the Roger's Park Golden Age Club. The summer camp is conducted in co-operation with the Chicago Council of Jewish Women at their camp located at Wauconda, Illinois.

Administration of the program is provided by the group work department of the Jewish Community Centers of Chicago except at the Home, where institutional administration takes over. Membership has been open to all retired men and women over the age of fifty-five, with no other eligibility requirements. At the Jewish People's Institute there were hundreds of older men and women using the Center's lounges and attending various programs open to the public. These men and women were easily involved in participating in group activity geared to their own interests and limitations. Members in all other groups were recruited by the enlistment of congregational membership, by publicizing the establishment of a Golden Age group through articles appearing in community newspapers and congregational bulletins, through announcements at Sisterhood and Men's Club meetings and at religious services, through client listings made available to the department by the public welfare agencies and Jewish Family and Community Services who were invited to attend by mail, and by members of existing groups encouraging their friends living in a community where a new group was to be set up to participate.

There are about 550 men and women belonging to ten different groups in the Golden Age Department, the largest group membership being 91, and the smallest membership number 15. The other groups consist of from 60 to 80 men and women. Average attendance at each weekly meeting is about 65 per cent of the total membership. Members are required to become house members of the Jewish Community Centers regardless of where they meet. There is a yearly fee of \$4.00, and those unable to pay are provided with either full or partial scholarships. These scholarships are granted upon the request of the individual and after being interviewed

by the worker. Depending on the group, club dues vary from fifteen to twenty cents and are only payable when a member attends a group meeting. There is no accumulation of unpaid dues. There is a \$25 charge for the two-week summer camp program. This cost is met by campers or through a scholarship fund to which the Institute women's groups and Golden Age groups contribute. The Jewish Federation provided \$200 in the budget for additional camp staff.

The department consists of six full-time workers, four of whom are graduates of a social work school and the other two partly trained, one part-time worker, a social work school graduate, and two part-time specialists—one in music and the other in crafts, supplemented by the services of sixteen volunteers recruited from congregational sisterhoods, Council of Jewish Women, Center Institute groups, Volunteer Bureau of the Welfare Council of Metropolitan Chicago, and through individual personal contacts. The volunteers serve as assistants in developing programs; as dramatic coach, book reviewers, pianist, and so on.

The director of the project reports that the success of the project is due to the following policies and practices:

The use of professional group workers in giving direct service to groups.

The development of indigenous leadership in the groups.

Making the project a house membership program in which everyone becomes affiliated with the Center.

Groups in the main meet their own financial expenses, such as refreshments, social activities, outings, gifts, etc. In this way the program is geared to helping older people feel independent.

A varied program in each group of intellectual, social, and community-minded activity. Specifically, discussions, issuing a periodical, lectures, dramatics, dancing, singing, rhythm band, participating in a J.C.C. Council, and a city-wide council of older adult groups, participating in community councils, raising funds for the United Jewish Appeal, March of Dimes, Red Cross, and their own Camp scholarship fund.

The development of a Golden Age program in a large number of communities throughout the city. Seven different neighborhoods are being served by our department at the present time.



The use of volunteers in the development of the program and interpreting program to the community.

The Jewish Community Centers has developed an unusually effective relationship with other Jewish agencies and institutions, as well as with public departments, in building a strong program including one of the outstanding camping services for older adults. It has successfully incorporated the participants into the agency's over-all program, which provides a splendid opportunity for contact with other age groups. It provides a broad range of activities and opportunities for members of the clubs to participate in the leadership of their groups.

Broad program possibilities are not limited to the large cities. Smaller communities have many resources which can be mobilized to meet the leisure needs of their older citizens. The several examples here are but samples of many fine small community programs.

### **Pittsfield, Massachusetts, Golden Age Club**

The Pittsfield Golden Age Club originated in 1949 when the Pittsfield College Club approached the Superintendent of Recreation for project suggestions that the Club might undertake. Of the three suggestions they received, they chose to organize a Golden Age Club for Pittsfield residents over sixty-five years old. There are no other membership requirements and no fees or dues.

Notices of the first meeting were sent to a list of General Electric Company pensioners and others who were known to be over sixty-five. Fliers were inserted, through special permission, with Social Security and Old Age Pension checks. Posters, made by a potential Golden Ager, were placed in many stores throughout the city.

It was the general feeling throughout the city that such a club would not succeed if started. However, sixty-nine people attended the first meeting, although invitations or notices were sent to only sixty persons! From the very first meeting the membership has increased, and over 550 persons (Pittsfield's



population—53,000; 10 per cent over sixty-five) have joined the club in the four-year period. Of this number, about 375 are active members and the weekly attendance averages 200. New members are usually brought to the club by a friend who is a member.

The Pittsfield Golden Age Club is sponsored by the Department of Parks and Recreation and the Pittsfield College Club. The city appropriates \$1,000 each year to the Golden Age Club through the Park and Recreation Department. The College Club members attend each meeting on a rotation basis, so that one member is present each week to assist the Golden Agers in any way they wish. College Club women also serve refreshments for the Club. The Park and Recreation Department Supervisor of Recreation attends all meetings, keeps records, and assists the Golden Age publicity worker with news releases.

The policies and expenditures of the Club are approved at the monthly meetings of the Steering Committee before presentation to the Club for vote. The Steering Committee includes three representatives of the College Club (elected at their annual meeting), three persons representing the city (the Supervisor of Recreation and two other interested persons appointed by the Park and Recreation Department), and three members from the Golden Age Club (the president and two other elected representatives). At present, the secretary of the Golden Age Club also attends the Steering Committee meetings for the purpose of recording the minutes for the Golden Age Club records.

The Golden Age Club began with no money. All food for refreshments was donated or "begged" from local stores. Members of the College Club and the Golden Age Club worked sincerely and wholeheartedly to obtain donations for the Club. Besides food, enough woodworking machines and tools were obtained to set up a workshop for the Golden Agers. As the Club grew, this method of obtaining necessary money and materials became more difficult. Many Golden Agers had expressed the desire to donate money each week to be put toward refreshments. It was therefore suggested that a wooden, locked box be placed in an *inconspicuous* place at each meet-

ing so that members who wanted to donate money could. The "Black Box" fund thus grew until it paid for all refreshments (for which city funds preferably were not used), flowers and cards for the sick members, and other miscellaneous items.

The problem of transmitting the duties of club officers from one year to the next has been met by a handbook for each officer in which the general duties are listed and procedures followed by the officers are recorded by them.

The Pittsfield Golden Age Club has several branches and projects. On Friday afternoons a Golden Age Sewing Club meets at the museum. This group is co-sponsored by the Department of Parks and Recreation and the Berkshire Museum. Materials are purchased with Golden Age funds and articles are made for the New England Home for Little Wanderers and the City Infirmary. In addition, the sewers have made flags for the grade schools safety patrols, Red Cross banners, costumes for the city Ice Revue, and other articles requested. Any Golden Ager is eligible to join the Sewing Club. A knowledge of sewing is not necessary. Some members knit and others just talk. Another group of Golden Agers meets weekly to write a "History of Pittsfield."

The Golden Age Club operates a successful "Employment Bureau" for members. Members are serving on the jury, working at winter sports areas, assisting in local hospitals, engaged as baby sitters and window washers, serving at the local day nursery as carpenters, artists, or general clean-up persons, and engaged in many other services.

One of the most successful Club practices has been that members provide their own entertainment. Even the four-piece orchestra, which plays at each meeting and for dancing after meetings, and travels, instruments and all, on bus trips, is made up of Golden Agers.

Bus trips rate at the top in popularity with all members. These trips, within a twenty-five-mile radius of Pittsfield, are free to all members. A destination with a dance floor is usually chosen by the Golden Age bus trip committee, with frequent stops (every twenty minutes) to and from. Members bring box lunches. College Club members, the Supervisor of Recrea-

tion, and a volunteer nurse are present on all trips to assist where needed.

Pittsfield, which reaches 10 per cent of its older people through the Golden Age Club program, is an example of private and public co-operation and a program based on the interests of its members and service to the community.

### **Hospitality House, Huntington Beach, California**

Hospitality House, the adult recreation center maintained by the Recreation Department of Huntington Beach, was opened early in 1950 as a facility specifically designed to serve people of retirement age, in answer to many requests from the elder age group for a center of their own. Starting with a membership of approximately forty, the center has increased to five hundred members within a year. Members come through open invitation, through newspaper and radio publicity, and through friends who belong. The program is staffed by a paid director, five part-time arts and crafts teachers, and a part-time paid lecturer. Salaries and other operating expenses are included in the budget of the recreation department.

Hospitality House is a live, growing project, where every effort is made to operate a program that will enrich the lives of those who participate in it. The center is open six days a week from noon until 10 P.M. and offers a program of remarkable interest and scope for a city of 7,500 people. Activities include instruction in hooked-rug making, textile painting, lampshade making, ceramic painting, flower arrangement, first aid, drama and musical events produced by members, community singing, lectures on world trends, movies, and occasional parties with refreshments. Some members join service projects to aid other groups in the community, helping with youth events such as kite days, dog shows, and marble days.

Hospitality House is exceptionally well equipped for both indoor and outdoor activities for older people. Some of its attractive indoor features are its large fireplace, game room, reading room, movie room, classroom, and craft room. Outdoors it is equipped with a croquet court, six horseshoe pits, flower garden, arbor, and park. This older citizens' center is part of the over-all recreation program of the city of Huntington Beach. Several community agencies assist with its program. These include Orange Coast Junior College, Adult Education Department of the high school, and all the churches of the community.<sup>1</sup>

The Huntington Beach program has extensive coverage of the community and offers a broad program available to its

<sup>1</sup> *Recreation for Older People in California*, State of California Recreation Commission, Sacramento, Calif., Publication 14, October, 1951, pp. 45-46.



members during many of their leisure hours. Adequate qualified leadership is an important factor in its success.

### **Little House, Menlo Park, California**

Little House is just what its name implies—a little house, rented by the sponsoring agency for the recreational and service activities of men and women over fifty. Peninsula Volunteers, Inc., consider it a demonstration project, maintained to assist older people.

The sponsors envisage this project as more than a social club. Little House is seen as a center of recreational activity with a program serving many aspects of the adjustment of older people in our society. Some of these aspects are research on social adjustment, geriatrics, housing, and vocational rehabilitation. Little House is open four days a week with a full-time paid director, experienced in group and case work, in charge of activities and to help in counseling individuals by referring them to the proper agency for solving problems such as employment, housing, citizenship, and family relations. Volunteers from the sponsoring agency assist with stenographic work, teach crafts and knitting. A part-time paid leader teaches an art class. The membership itself assumes most of the program leadership through a council of four officers elected for six months and five committee chairmen appointed for three months. The committees work on hospitality, program, membership, purchasing, and publicity including newspaper, radio, and a monthly bulletin.

A monthly business meeting is held, open to all members. Since Little House opened in April, 1949, its membership has grown from eleven to two hundred men and women between fifty and ninety-three years of age. New members were attracted through newspaper publicity, printed cards, and word-of-mouth invitations. Anyone over fifty is welcome to join after three visits. Members come not only from Menlo Park but from several adjoining communities. The ratio of men to women is approximately one to nine. The sponsoring agency pays all the fixed expenses: salary of the director, rent and utilities, with an annual budget totaling around \$6,000. No dues or initiation fees are asked of the members. The profit from the annual bazaar and voluntary contributions from members pay for incidentals.

Little House is centrally located and conveniently arranged for the activities of its members. Its atmosphere is intimate and homelike. One room is large enough for entertainment, lectures, or gatherings of the whole membership. Another room is reserved for games. Crafts and hobbies are carried on away from the general activities room. A fully equipped kitchen, rest room, and office complete the facilities. Little House activities are carried on from 11 A.M. to 5 P.M. four days a week, with special social activities scheduled on some evenings. "Men Only" night is held from 7 to 10 P.M. twice a month. The total



program includes games, potluck luncheons, birthday and holiday parties; lectures, concerts, movies, travelogues, handcrafts, art and knitting classes; Red Cross work, making afghans and traycloths for veterans' hospitals, and dressing dolls for cerebral palsied children.

That the project has become a valued and well-known part of the community's life is due in part to the support of the press in publicizing activities. Little House members maintain a newspaper committee and have appeared on radio and television. Other community groups have given their help. Boy Scouts and Girl Scouts decorated for the annual Christmas party, and the Lions Club gave needed tools for craftwork. The importance of good public relations in a small community venture of this kind cannot be over-emphasized.<sup>2</sup>

Little House is an example of the integration of the leisure-time program with other services to the older generation. It also provides a broad program and a center open many hours during the week.

It is hoped that these few examples given will convey some small idea of what can be done—what is being done. The leisure-time needs of our older citizens can be met if there is the will to serve and to work with others, the acceptance of them as interesting, capable human beings in their own right, and a sincere respect for them as individuals.

<sup>2</sup> *Ibid.*, 38-40.

## BIBLIOGRAPHY

### General

- Armstrong, Florence A. *The Non-Cash Needs of Aged Persons Affecting Their Individual and Social Security: An Annotated Bibliography*. Washington: Federal Security Agency, Social Security Administration, Bureau of Research and Statistics, 1948.
- Behrens, Herman D., and Nester, Roul F. "Intellectual Changes During Maturity and Old Age," *Review of Educational Research*, December, 1950.
- Brown, Giles T. "Never Too Old to Learn: A Gerontological Experiment in General Education," *School and Society*, November 3, 1951.
- Brunot, Helen Hardy. *Old Age in New York City: An Analysis of Some Problems of the Aged Based on 3,106 Requests for Information about Health and Welfare Services*. New York: Welfare Council of New York City, 1943.
- Cabot, Richard C. *What Men Live By*. New York: Houghton Mifflin Co., 1914.
- California, Governor's Conference on the Problems of the Aging. *Proceedings*. Sacramento: State Recreation Commission, 1951.
- Carlson, Anton J., and Stieglitz, Edward J. "Physiological Changes in Aging," *Annals of the American Academy of Political and Social Science*, January, 1952.
- Cavan, Ruth Shonle, Burgess, Ernest W., Havighurst, Robert J., and Goldhamer, Herbert. *Personal Adjustment in Old Age*. Chicago: Science Research Associates, 1949.
- Coons, Dorothy. *Michigan Faces Facts About the Aging Population*. East Lansing: University of Michigan, Division of Gerontology, 1952.
- de Gruchy, Clare. *Creative Old Age*. San Francisco: Old Age Counselling Center, 1946.
- Donahue, Wilma. "Experiments in the Education of Older Adults," *Adult Education*, December, 1951.
- , and Tibbitts, Clark. *Growing in the Older Years*. Ann Arbor: University of Michigan Press, 1951.
- Federal Security Agency. *Looking Forward to the Later Years*. Public Health Service Publication No. 116. Washington: U.S. Government Printing Office, 1951.
- . *Man and His Years*. Raleigh: Health Publications Institute, 1951.
- . *Some Facts About Our Aging Population*. Washington: Federal Security Agency, 1950.

- Hunter, Woodrow W. "A Proposed Activity Center for Older People," *Geriatrics*, March-April, 1951.
- Kaighn, Raymond P. *How to Retire and Like It* (Revised). New York: Association Press, 1951.
- Lawton, George. *Aging Successfully*. New York: Columbia University Press, 1946.
- . *New Goals for Old Age*. New York: Columbia University Press, 1943.
- , and Maxwell, Stewart. *When You Grow Older*. Pamphlet No. 131. New York: Public Affairs Press, 1947.
- Levine, Harry A. *Recreation and Services for the Aged*. Bulletin of the American Association of Medical Social Workers, February, 1949.
- New York [State] Joint Legislative Committee on Problems of the Aging. *Age is No Barrier*. Legislative Document No. 35. Newburgh: Joint Legislative Committee on Problems of the Aging, 1952.
- . *Never Too Old*. Legislative Document No. 32. Newburgh: Joint Legislative Committee on Problems of the Aging, 1949.
- . *No Time to Grow Old*. Legislative Document No. 12. Newburgh: New York Joint Legislative Committee on Problems of the Aging, 1951.
- . *Young at Any Age*. Legislative Document No. 12. Newburgh: New York Joint Legislative Committee on Problems of the Aging, 1950.
- Pollak, Otto. *Social Adjustment in Old Age*. New York: Social Science Research Council, 1948.
- Salomon, Irving. *Retire and Be Happy*. New York: Greenberg Publisher, 1951.
- Schulze, Oskar. "Recreation for the Aged," *Journal of Gerontology*, October, 1949.
- Steincrohn, Peter J. *How to Add Years to Your Life*. New York: Wilfred Funk, Inc., 1952.
- Stieglitz, Edward J. *The Second Forty Years*. Philadelphia: J. B. Lippincott Co., 1946.
- Tibbitts, Clark. *Living Through the Older Years*. Ann Arbor: University of Michigan Press, 1949.
- University of Florida Institute of Gerontology. *Problems of America's Aging Population*, T. Lynn Smith, ed. Gainesville: University of Florida Press, 1951.
- Webber, Irving L. *Retired Population of St. Petersburg: Its Characteristics and Social Situation*. Tallahassee: Florida State Improvement Commission, 1950.
- Welfare Federation of Cleveland. *Metropolitan Cleveland's Human Needs—Five Year Estimates by 134 Health and Welfare Organizations*. Cleveland: Welfare Federation of Cleveland, 1951.

## Program and Leadership

- Corbin, H. Dan. *Recreation Leadership*. New York: Prentice-Hall, Inc., 1953.
- Donahue, Wilma, and Tibbitts, Clark. *Planning the Older Years*. Ann Arbor: University of Michigan Press, 1950.
- Federal Security Agency. *Man and His Years*. Raleigh: Health Publications Institute, 1951.
- Fitzgerald, Gerald B. *Leadership in Recreation*. New York: A. S. Barnes & Co., 1951.
- Kaplan, Jerome. *A Social Program for Older People*. Minneapolis: The University of Minnesota Press, 1953.
- Knowles, Malcolm S. *Informal Adult Education*. New York: Association Press, 1950.
- National Recreation Association. *11% Plus—Recreation for Older People*. New York: National Recreation Association, 1947.
- . *Recreation*. The May, 1949, issue is a special issue for older adults. In it is a list of all the articles that have appeared in the magazine on the subject of recreation for older adults since 1940. Because of this fact, the articles are not listed separately in this bibliography, but the reader is referred to the list on page 52 of this issue. (Out of Print) New York: National Recreation Association.
- . *Training Volunteers for Recreation Service*. New York: National Recreation Association, 1946.
- New York State Association of Councils of Social Agencies. *Community Action for the Aging*. New York: New York State Association of Councils of Social Agencies, 1950.
- New York [State] Joint Legislative Committee on Problems of the Aging. *Age is No Barrier*. Legislative Document No. 35. Newburgh: Joint Legislative Committee on Problems of the Aging, 1952.
- . *Never Too Old*. Legislative Document No. 32. Newburgh: Joint Legislative Committee on Problems of the Aging, 1949.
- . *No Time to Grow Old*. Legislative Document No. 12. Newburgh: New York Joint Legislative Committee on Problems of the Aging, 1951.
- . *Young at Any Age*. Legislative Document No. 12. Newburgh: New York Joint Legislative Committee on Problems of the Aging, 1950.
- North Carolina Recreation Commission. *Recreation for the Aging—A Report of the First Southern Regional Conference*. Raleigh: North Carolina Recreation Commission, June, 1952.
- Ostrow, Albert A. *Fun After Fifty*. New York: Woman's Press, 1953.
- State of California Recreation Commission. *Recreation for Older People in California*. Sacramento: State of California Recreation Commission, 1951.



- Stone, Walter L., and Stone, Charles J. *Recreation Leadership*. New York: William Frederick Press, 1952.
- Sullivan, Dorothea F. *Readings in Group Work*. New York: Association Press, 1952.
- Trecker, Audrey, and Trecker, Harleigh. *How to Work with Groups*. New York: Woman's Press, 1952.
- University of Florida Institute of Gerontology. *Living in the Later Years*, T. Lynn Smith, ed. Gainesville: University of Florida Press, 1952.
- Welfare Council of Metropolitan Chicago. *Community Services for Older People, The Chicago Plan*. Chicago: Wilcox & Follett Co., 1952.
- Wheeler, Howard. "Creative Activities of Older People," *Annals of the American Academy of Political and Social Science*, January, 1952.
- Wilson, Gertrude, and Ryland, Gladys. *Social Group Work Practice*. New York: Houghton Mifflin Co., 1949.
- Woods, James H. *Helping Older People Enjoy Life*. Recreation Project for Old People, Welfare Federation of Cleveland. New York: Harper & Brothers, 1953.
- Zeman, Frederick D. "Constructive Programs for the Mental Health of the Elderly," *Mental Hygiene*, April, 1951.

## Social Recreation

- Bancroft, Jessie H. *Games*. New York: The Macmillan Co., 1937.
- Ford, Henry, and Mrs. Henry Ford. *Good Morning*. Dearborn, Michigan: Austin Music Company, 1941.
- Harbin, E. O. *The Fun Encyclopedia*. Nashville: Abingdon-Cokesbury Press, 1940.
- Kohl, Marguerite, and Young, Frederica. *Games for Grownups*. New York: A. A. Wyn, Inc., 1951.
- National Recreation Association. *Fun-to-Make Favors*. New York: National Recreation Association, 1939.
- . *Games for Quiet Hours and Small Spaces*. New York: National Recreation Association, 1938.
- . *Mental Games*. New York: National Recreation Association, 1942.
- . *Our Patriotic Holidays*. New York: National Recreation Association, 1952.
- . *Parties A to Z*. New York: National Recreation Association, 1944.
- . *Parties Plus Series: Let's Plan a Party*, 1941; *Stunts and Entertainments*, 1942; *Fun for Threesomes*, 1943. New York: National Recreation Association.
- . *The Party Booklets: Parties—Plans and Programs*, 1936; *Parties for Special Days of the Year*, 1936; *Parties—Musical*

- Mixers and Simple Square Dances*, 1937. New York: National Recreation Association.
- . *Party Favors*. New York: National Recreation Association, 1953.
- . *Picnic Programs*. New York: National Recreation Association, 1952.
- . *Recreation Activities for Adults*. New York: Association Press, 1950.
- . *So You're Going to Take a Trip*. New York: National Recreation Association, 1952.
- . *Stunts, Contests and Relays*. New York: National Recreation Association, 1942.
- . *Treasure Hunts*. New York: National Recreation Association, 1950.
- Rohrbough, Lynn. *Handy I and Handy II*. Delaware, Ohio: Co-operative Recreation Service.

## Camping and Day Camping

- American Camping Association. "Old Age: A New Frontier for Camping," *Camping Magazine*, November, 1951.
- Hammett, Catherine T., and Musselman, Virginia. *The Camp Program Book*. New York: Association Press, 1951.
- Jobe, Mabel. *Handbook of Day-Camping*. New York: Association Press, 1949.
- National Recreation Association. *Dramatics for the Camp Community*. New York: National Recreation Association, 1949.
- . *Enjoying Nature*. New York: National Recreation Association, 1946.
- . *Recreation Activities for Adults*. New York: Association Press, 1950.
- Price, Betty. *Adventuring in Nature*. New York: National Recreation Association, 1939.

## Arts and Crafts

- Chicago Park District. *Modern Recreation Series*. Write for list. Chicago: Chicago Park District, Division of Recreation.
- Glazer, Dorothy. *Where to Sell Handcrafts*. Boston: Charles T. Branford Co., 1951.
- National Recreation Association. *Craft Projects That Can Be Made with Inexpensive and Discarded Materials*. New York: National Recreation Association, 1952.
- . *Get in There and Paint*. Reprinted from *Recreation Magazine*, November, 1944. New York: National Recreation Association.
- . *Integrating Crafts and Other Activities*. New York: National Recreation Association, 1946.

- . *Nature Crafts for Your Summer Program*. New York: National Recreation Association, 1952.
- Shields, Earl B. *Making Money at Home*. Chicago: Earl B. Shields.
- Staples, Frank A. *Arts and Crafts for the Recreation Leader*. New York: National Recreation Association, 1943.
- . *Plastics for the Beginner*. New York: National Recreation Association, 1949.

## Hobbies and Hobby Shows

- Calkins, Earnest Elmo. *Care and Feeding of Hobby Horses*. New York: Sentinel Books, 1934.
- Lampland, Ruth. *Hobbies for Everyone*. New York: Harper & Brothers, 1934. (Out of Print)
- Leeming, Joseph. *Money-Making Hobbies*. Philadelphia: J. B. Lippincott Co., 1948.
- Lehman, Maxwell, and Yarmon, Norton. *Every Woman's Guide to Spare-Time Income*. New York: Harcourt, Brace & Co., 1950.
- National Recreation Association. *Planning for Success*. New York: National Recreation Association, 1952.
- Pettit, Ted. *The Book of Nature Hobbies*. New York: Didier Publishers, 1947.
- Popular Mechanics Magazine*. *Money-Making Hobbies*. Chicago: Popular Mechanics Press, 1949.
- Sentinel Hobbies Series*. Write for list. New York: Sentinel Books.

## Music and Drama

- Aldis, Mary. *No Curtain*. New York: Samuel French, Inc.
- Brown, Gilmor, and Garwood, Alice. *General Principles of Play Direction*. New York: Samuel French, Inc.
- Grant, A. M. "Storytelling for the Not-So-Young," *Recreation*, May, 1951.
- Hamm, Agnes C. *Selections for Choral Speaking*. Boston: Expression Company.
- National Recreation Association. *Community and Assembly Singing*. New York: National Recreation Association, 1933.
- . *Forty Approaches to Informal Singing*. New York: National Recreation Association, 1939.
- . *Informal Dramatics—Techniques for the Leader*. New York: National Recreation Association, 1952.
- . *Rhythm Band Instruments*. New York: National Recreation Association, 1952.
- . *Six More Dramatic Stunts*. New York: National Recreation Association.
- . *Six New Dramatic Stunts*. New York: National Recreation Association.

- . *Starting and Developing a Rhythm Band*. New York: National Recreation Association, 1937.
- Robinson and Thurston. *Poetry for Women to Speak Chorally*. Boston: Expression Company.
- Swann, Mona. *An Approach to Choral Speech*. Boston: Expression Company.
- . *Many Voices*. Boston: Expression Company.

## Service and Educational

- New York [State] University. The State Education Department, Bureau of Adult Education. *Adult Education for the Aging and the Aged*. Albany: Bureau of Adult Education, 1950.

## Clubs and Centers

- Abrams, Albert J. "Recreation Clubs for the Aged in Various Parts of the World," in *No Time to Grow Old*. Newburgh: New York State Joint Legislative Committee on Problems of the Aging, 1951.
- Kaplan, Jerome. *The Active Aged*. Minneapolis: University of Minnesota Press, 1952.
- Ohio Citizens' Council for Health and Welfare. *Clubs for the Golden Age, A Study of Recreation for Ohio's Older People*. Columbus: Ohio Citizens' Council for Health and Welfare, 1950.
- Woods, James H. *Helping Older People Enjoy Life*. Recreation Project for Old People, Welfare Federation of Cleveland. New York: Harper & Brothers, 1953.

## Handicapped, Homebound, and Institutionalized

- Hildenbrand, Grace C. *Never Too Old to Work or Play*. New York: New York City Department of Hospitals, Home for Dependents, 1946.
- Minnesota Commission on Aging. *Minnesota's Aging Citizens*. St. Paul: Minnesota Commission on Aging, 1953.
- National Recreation Association. *Recreation Activities for Adults*. New York: Association Press, 1950.
- University of Florida Institute of Gerontology. *Living in the Later Years*, T. Lynn Smith, ed. Gainesville: University of Florida Press, 1952.
- Wahlstrom, Catherine Lee. *Add Life to Their Years*. New York: National Council of the Churches of Christ in the United States of America, 1953.
- Welfare Council of Metropolitan Chicago. *Community Services for Older People, The Chicago Plan*. Chicago: Wilcox & Follett Co., 1952.



Zahrobsky, Mary. *Recreation Programs in Homes for the Aged in Cook County, Illinois*. Reprinted from *The Social Service Review*, March, 1953.

### Churches and Rural

Brundgardt, Theresa S. "Fun for the Older Person in the Country," in *National Conference of Social Work Proceedings, 1946*. New York: Columbia University Press, 1947.

Lund, Henriette. *Lutheran Services for Older People*. New York: National Lutheran Council, Division of Welfare, 1951.

Maves, Paul B., and Cedarleaf, J. Lennart. *Older People and the Church*. Nashville: Abingdon-Cokesbury Press, 1949.

McKain, Walter C., Jr., and Baldwin, Elmer D. *Old Age and Retirement in Rural Connecticut. I. East Haddam: A Summer Resort Community*. Bulletin 278. Storrs: University of Connecticut, 1951.

National Recreation Association. *Recreation Activities for Adults*. New York: Association Press, 1950.

———. *Recreation and the Church*. New York: National Recreation Association, 1946.

———. *Rural Recreation*. New York: National Recreation Association, 1946.

Niederfrank, E. J., and Musselman, Virginia. *Planning Recreation for Rural Home and Community*. Washington: U.S. Government Printing Office, 1950.

### Special Agencies: Business and Industry; Labor

Sahlie, Richard S. *Retirement Village Planning for Florida*. Tallahassee: Florida State Improvement Commission, Retirement Research Division, 1952.

Tuckman, Jacob, and Lorge, Irving. *Retirement and the Industrial Worker*. New York: Bureau of Publications, Teachers College, Columbia University, 1953.

# INDEX

- Activities, integration of, 40, 101, 107, 108
  - types of, 10-13, 141-144
  - value of, 10-13
- Administration, community-wide, 27-33
  - examples of, 162-181
- Adult Education (See Educational Projects)
- Aged
  - belonging, need for, 6-7, 122
  - classification of, 3, 17
  - conferences on, 1-2
  - employment of, 2
  - inactivity of, 6
  - industrialization, relation to, 3
  - physiological changes of, 4-5, 41, 73-74
  - problem of, 1-8
  - recreation, role of, 5-8
  - retirement, time of, 1
  - serving, need for, 7
  - standard of living, influence of, 3
  - statistics on, 2
  - urbanization, relation to, 3
- "Aging Population," clarification of, 1
- Agricultural Extension Service, 151
- Altrusa Club, 68
- American Association of University Women, 68
- American Viscose Corporation, 158
- American Women's Voluntary Services, 163
- Arts and Crafts, 71-82
  - craft sales, 80-82, 93
  - leadership, 72-75, 82, 96
  - list of, 11, 73
  - rooms and equipment, 75-76, 163, 177
  - tools and supplies, 77-80
  - value of, 8, 71
- Aurora, Illinois, 47, 51, 127
- Awards, handling of, 97
  - membership recognition, 51
- Baker, Arthur, 152
- Belonging, need for, 6-7, 122
- Blind, 135-136, 138
- Bowen, Georgene E., 19, 31
- Bowmanville, Ontario, Canada, 152
- Boy Scouts, 181
- Bradenton, Florida, 157
- Buildings and Meeting Rooms (See Facilities)
- Burgess, Dr. Ernest W., 157
- California, Governor's Conference on the Problems of the Aging, 21
- Camping, 58-70
  - administration and staff, 62-65
  - attitudes of aged toward, 58-59
  - budgets and financing of, 60, 64-65, 175
  - day camping, 68-70
  - facilities and organization, 59-62
  - program planning, 65-68
- Candle-lighting Ceremonies, 47-50
- Carlson, Reynold E., 67
- Centers, examples of, 162-165, 170-173, 179-181
  - retirement, 156-158
  - special, 131-133
  - (See also Facilities and Clubs)
- Charges and Fees (See Financing)
- Chicago, Illinois, 60, 62, 64, 86, 168-170, 173-176
- Choral Speaking, 109-110
  - (See also Candle-lighting Ceremonies)
- Choruses, cities having, 101
- Ye Old Tyme Concerte program, 103-104
- Church, service to the aged, 54, 60, 62, 64, 146-149, 179
- Cleveland, Ohio, 59, 62, 63, 67, 101
- Cliques, 16
- Clubs, 120-131
  - age, minimum, 30
  - constitutions and by-laws, 125-131
  - dues, 38
  - for retired workers, 158-159
  - membership, 17, 30
  - membership recognition, 51
  - music, 105-106
  - names for, 16, 31-32
  - organization of, 123-131
- Committees, club, 130, 172, 177, 180, 181
- community-wide, 28, 115, 165, 167, 169
- hobby show, duties of, 87-88
- Community Services (See Services)
- Conferences
  - Annual Conferences on Aging, University of Michigan, 2
  - Governor's Conference on the Problems of the Aging of California, 21
  - National Conference on the Aging, 1
  - National Council of the Churches of Christ in the U.S.A., 149
  - North Carolina Conference on Recreation for the Aging, 135
- Constitutions and By-laws for clubs, 125-131
- Contests
  - judging of, 96-97
  - music memory, 101
  - (See also Games)
- Co-operation, agencies affording, 27-30, 84
  - community, 16
  - examples of, 23, 59, 60, 68, 86, 103, 105, 116, 119, 140, 156, 158, 160, 163, 166, 174, 176, 179, 181
  - meeting space, sources of, 36
- Councils (See Committees)
- Courses, for the aged, 116
  - for leaders (See Training)
- Creative Activity
  - choral speaking, 109-110
  - Creative Writing Class, 48, 118
  - value of, 7-8
  - (See also Arts and Crafts, Drama)
- Dancing, 45-46, 96
  - square dancing, 46, 171
- Day Camping (See Camping)
- Deaf, 102
- Dearborn, Michigan, 56
- District of Columbia (See Washington, D.C.)
- Donahue, Dr. Wilma, 155
- Drama, 12, 106-110, 167
- Durham, N. C., 68, 69
- Education, status of aged, 2, 8, 115
- Educational Projects, 16, 113, 115-119, 171
  - leadership for, 13, 23, 164
- Employment of aged, 2, 6
  - "Employment Bureau," 178

- Equipment, 35-36
  - for craft room, 76-80
- Evanston, Illinois, 138
- Evansville, Indiana, 54, 55
- Facilities
  - camp (See Camping)
  - charges and fees for (See Financing)
  - craft rooms (See Arts and Crafts)
  - equipment for (See Equipment)
  - exhibit, 98
  - financing of (See Financing)
  - for housing the program, 16, 34-36
  - furnishings for, 38-39
  - house rules and regulations, 131
  - outdoor areas, 34, 35, 179
  - requirements for, 34-35
  - space, sources of, 36
  - (See also Centers)
- Federal Security Agency, 1, 160
- Financing, 37-39, 163, 175, 177, 179, 180
  - arts and crafts program, 75, 80-81
  - camp costs and budgets, 64-65, 69, 175
  - charges and fees, 37, 93, 174
  - committee, duties of, 87, 169
- Florida Engineering and Industrial Experiment Station, 156
- Florida State Improvement Commission, 156
- Foreign Born (See Minority Group Participation)
- Fort Wayne, Indiana, 132
- Games, 51-52
  - contests and relays, 43
  - get-acquainted, 41-42
  - value of, 11
- Games, descriptions of
  - Birthday Months, 41
  - Conversation, 42
  - Driving the Pig to the Market, 43
  - Fanning a Balloon, 43
  - Magic Carpet, 42
- Geary, Mrs. J. J., 48, 118
- Girl Scouts, 181
- Glee Clubs (See Choruses)
- Handicapped, 134-136
- Handicrafts (See Arts and Crafts)
- Harris, Lola C., 105
- Hobbies, 83-84
  - description of, 83
  - hobby shop, 167
  - value of, 11, 83
- Hobby Shows, 84-98
  - administrative procedures, 92-97
  - committees, duties of, 87-88
  - organization of, 87-89
  - scope of, 90-92
  - value of, 85
- Homebound (See Shut-Ins)
- Homes for the Aged, recreation in, 139-141
- Hospitality House (See Huntington Beach, California)
- House Rules and Regulations, 131
- Huntington Beach, California, 179-180
- Hutchinson, Kansas, 54
- Ice-Breakers (See Games, get-acquainted)
- Inactivity, 6
- Income, increasing of (See Arts and Crafts, craft sales)
- Industry and the older employee, 154-158
- Institute of Psychological Research of Teachers College, Columbia University, 160
- Institutionalized, recreation for, 138-145
- International Ladies' Garment Workers' Union, 160
- International Recreation Department of the UAW-CIO (See UAW-CIO)
- Isolation, danger of, 17, 146
- Jamestown, N. Y., 56, 102, 111, 112
- Jewish Community Centers of Chicago, 173-176
  - (See also Chicago, Illinois)
- Judging of exhibits, 96-97
  - committee, duties of, 88
- Junior League, 23
- Kansas City, Missouri, 101, 168
- Labor Unions and the older worker, 158-161
- Leadership, 18, 180
  - arts and crafts, 72-75, 82, 96
  - camp, 62-65
  - music, 102, 103
  - professional, 21-22
  - qualifications for, 17, 19-21
  - sources of, 21-24, 105
  - training of (See Training)
  - volunteer (See Volunteers)
- Lewistown, Pennsylvania, 158
- Lincoln, Nebraska, 102
- Lions Club, 135, 181
- Little House (See Menlo Park, California)
- Loneliness, 5, 7
- Lorge, Dr. Irving, 4, 19, 25
- Los Angeles, California, 115-116
- Madar, Olga M., 159
- Marcus Hook, Pennsylvania, 158
- Marketing articles made by aged, 80-82, 93
- Masonic Service Bureau, 60
- Meeting Places (See Facilities)
- Meetings, popular time, 32
- Melbourne, Florida, 156, 157
- Membership (See Clubs)
- Menlo Park, California, 132, 180-181
- Menninger, Dr. William C., 6, 83
- Meriden, Connecticut, 56
- Milwaukee, Wisconsin, 6, 165-168
- Minnesota Commission on the Aging, 139
- Minority Group Participation, 30-31, 72, 74, 106, 117, 171
- Mixers (See Games, get-acquainted)
- Montclair, N. J., 85
- Music, 12, 99-106, 171
  - club, 105-106
  - leadership, 102, 103
  - music memory contest, 101
  - orchestras (See Orchestras)
  - starting the program, 102-106
  - value of, 99
- Music Memory Contests, 101
- National Conference on the Aging, 1
- National Council of the Churches of Christ in the U.S.A., 149
- National Music Week Program, example of, 102-104
- National Recreation Association, 15
- New Orleans, Louisiana, 56
- New York City, 74, 81, 85, 86, 93-95, 105, 132
- New York State Association of Councils and Community Chests, 140
- Newspapers, activity project, 13, 118, 167
  - camp, 66

- North Carolina Conference on Recreation for the Aging, 135
- Oakland, California, 69
- Old Guard, 54
- Orchestras, 100  
cities having, 101-102, 178  
(See also Rhythm Bands)
- Organization, community-wide, 27-33  
committees (See Committees)  
examples of, 162-181  
neighborhood sponsorship, 28, 175  
sponsors, list of, 27-28
- Outdoor Activities (See Camping, Outings, Picnics, Trips)
- Outings, 56-57
- Participation, 45  
building, 29-31, 74, 84, 96, 101  
sources explored in cities, 29-30
- Parties, 40-45  
birthday parties, 47-48
- Passive Recreation, 12-13, 43, 51, 99
- Paterson, N. J., 81, 102
- Peninsula Volunteers, Inc., 180
- Pennsylvania Division, Textile Workers' Union of America, CIO, 158
- Philadelphia, Pennsylvania, 28, 105, 132, 170-173
- Physical Activities, 11-12
- Picnics, 52-56  
examples of, 54-56  
indoor, 54  
selection of site, 53
- Pierce, Mrs. Doris, 102
- Pittsburgh, Pennsylvania, 62, 63, 64
- Pittsfield, Massachusetts, 56, 102, 113, 118, 125-126, 176-179
- Politics, discussions on, 16-17
- Prizes, giving of, 52, 53, 54, 96-97
- Program  
community services, existing, 14  
diversity of, 9  
housing of, 34-36  
organizing, considerations in, 31-33  
planning, considerations in, 14-18  
planning, examples of over-all programs, 162-181  
planning guide, 15-18  
racial participation in (See Minority Group Participation)  
scope of, 9-13
- Promotion, methods of (See Participation and Publicity)
- Publicity, 16, 32-33, 47, 97, 100  
committee, duties of, 87, 130, 169  
examples of, 62, 68, 69, 85, 162, 165, 174, 176, 179, 180  
newspaper committee, 181
- Recreation, Role of, 5-8
- Red Cross, 68
- Refreshments, 43-44, 54, 166, 177  
committee, duties of, 130
- Religion, discussions on, 16-17
- Rentals (See Financing, charges and fees)
- Retirement  
labor unions' plans for older workers, 158-161  
preparation for, 116-117, 155-157  
time of, 1  
trailer park living, 156-158  
village idea, 156
- Rhythm Bands, 100-101  
cities having, 106
- Richmond, Virginia, 5
- Rochester, N. Y., 60, 62, 64
- Rural living and the aged, 149-153  
examples of small town programs, 176-181
- Salvation Army, 86
- San Francisco, California, 48, 101, 118, 132, 135, 162-165
- Schools and the Aged (See Educational Projects)
- Second Forty Years, The*, 5
- Services  
existing community, 14, 16  
to rural older people, 151-152  
volunteer (See Volunteers)  
(See also Co-operation)
- Serving, need of aged for, 7, 111  
types of services, 13, 65, 74, 81-82, 111-115, 118, 147, 152-153, 164-165, 166-167, 171, 178, 179
- Shut-Ins, 99, 136-138  
methods of reaching, 33  
service to, 24-25, 82, 100, 112, 147, 148, 164, 165, 181
- Small Town Programs, 176-181
- Social Activities, 40-57  
informal social activities, 51  
integration of, 40  
value of, 10
- Songs, favorite, 99-100  
use of copyrighted, 100
- Soroptimist Club, 60
- Special Events, 13, 47-51
- Square Dancing (See Dancing)
- Statistics, 2, 150-151
- Stetin, Sol, 158, 159
- Stieglitz, Dr. Edward J., 5
- Studies, 5-6, 15-17, 150-151, 156-157, 160-161, 162, 165
- Successful Programs, examples of, 162-181
- Supplies and Tools (See Arts and Crafts)
- Surveys (See Studies)
- Syracuse, N. Y., 51, 81, 86, 89, 96
- Toy Symphonies (See Rhythm Bands)
- Trailer Parks (See Retirement)
- Training Leaders, 25-26
- Transportation of aged, 52-53, 68, 69, 147, 165  
Bus Trip Committee, 55
- Trends (See Statistics)
- Trips, 56-57, 106, 164, 172, 178-179
- UAW-CIO, 159-160
- University of Chicago, 156
- University of Michigan, 2, 115
- Value of Recreation, 119  
(See also Recreation, Role of)
- Village Idea (See Retirement)
- Volunteers, 21, 22, 23, 168, 172-173, 176  
characteristics of, 19-21  
committee, duties of, 87  
examples of service, 63, 64, 163-164, 175, 180  
services of, 24-25  
training of, 25-26
- Warren, Dr. Roland L., 150
- Washington, D. C., 86, 96
- Wilmington, Delaware, 54, 55
- Y.M.C.A., 68, 86, 168-170
- Y.W.C.A., 68, 86





[illegible]





GV184 .W72  
Recreation for the aging.

Princeton Theological Seminary-Speer Library



1 1012 00055 2432